THE

WATER-CURE JOURNAL,

DEVOTED TO THE

EXPLANATION OF THE PHILOSOPHY AND PRACTICE OF

HYDROPATHY, OR THE WATER-CURE.

"Wash and be Healed."

JOEL SHEW, M. D., F. D. PEIRSON, M. D., } EDITORS.

VOL. III.—No. 1.] NEW-YORK, JANUARY 1, 1847. [WHOLE No. 25.

THE LIFE CLOCK.

TRANSLATED FROM THE GERMAN.

THERE is a little mystic clock,
No human eye hath seen;
That beateth on—and beateth on,
From morning until e'en.

And when the soul is wrapped in sleep,
And heareth not a sound,
It ticks and ticks, the live-long night,
And never runneth down.

O wondrous is the work of art
Which knells the passing hour,
But art ne'er formed, nor mind conceived
The life clock's magic power.

Nor set in gold, nor decked with gems,
By wealth and pride possessed;
But rich or poor, or high or low,
Each bears it in his breast.

When life's deep stream, 'mid beds of flowers,
And still and softly glides,
Like the wavelet's step, with a gentle beat,
It warns of passing tides.

When threatening darkness gathers o'er
And Hope's bright visions flee,
Like the sullen stroke of the muffled oar,
It beateth heavily.

When passion nerves the warrior's arm
For deeds of hate and wrong,
Though heeded not the fearful sound,
The knell is deep and strong.

When eyes to eyes are gazing soft
And tender words are spoken,
Then fast and wild it rattles on,
As if with love 'twere broken.

Such is the clock that measures life,
Of flesh and spirit blended;
And thus 'twill run within the breast,
Till this strange life is ended.

[*Journal of Health.*]

BLEEDING DISAPPROVED--IT BEING DANGEROUS AND UNNECESSARY.

Extracts from the American Journal of Homœopathy.—Facts in relation to bleeding, showing—

1. *That it is unnecessary to bleed in cases of inflammation of the lungs and apoplexy.*—Speranza has published some remarkable observations, which show, that among patients attacked with inflammation of the lungs, treated by Berera, the deaths bear a direct proportion to the number of bleedings. In one hundred cases treated without blood-letting, fourteen only died; in one hundred cases in which two or three bleedings were practised, nineteen died; of one hundred who were bled from three to nine times, twenty-two died; and of one hundred who were bled more than nine times, sixty-eight died.

Krueger Hansen says, "Bleeding is generally thought indispensable for the cure of internal inflammations of the lungs, of whatsoever intensity, terminate most successfully without any kind of bleeding. I have the satisfaction of not having lost for many years one single patient in inflammation of the lungs." In another place he says, "I have acquired the firm conviction that any kind of bleeding is as unnecessary for the successful termination of all acute disorders as

any kind of evacuants; that, on the contrary, both frequently render the most simple and insignificant disorders complicated and dangerous. It is a pernicious error of physicians to see in all disorders, that occur suddenly and violently, inflammation in the back ground, and to imagine that they can be *cured* by bleeding. They seem to fancy that the blood is a sort of poison, which should be drawn out of the body in every way possible, as soon as a disorder seems to exhibit an inflammatory character. Legions of sick persons have been sacrificed to this erroneous opinion, who, without such treatment, would have preserved their health and life. But as this proceeding has been preached from all medical chairs for hundreds of years, it remains the order of the day in practice, and that not only in diseases, in which the activity of the process of life is exalted, but also in those wherein it is so much depressed, as in asphyxia, apoplexy, etc. One seldom hears of a person having died *notwithstanding* that means, though it ought to be said he died *in consequence* of that means."

With regard to cases of apoplexy, in the greater number of which the physician would think himself guilty of a neglect of duty if he did not bleed copiously, we give the following striking data from an allopathic work recently published on the subject. Of 155 cases particularly specified 129 were bled, and 26 were not; of the former number 51 recovered and 78 died, therefore nearly two-thirds; of the latter, 18 were cured and only 8 died, therefore rather less than one-third. In two cases the temporal artery was opened and both proved fatal; in 14 cases leeches were applied, 10 died and 4 recovered; 85 patients were copiously bled with the lancet, 57 died and only 28 recovered. "From these facts," continues the author, "it appears that bleeding, generally speaking, is so ineffectual a means of preventing a fatal termination of apoplexy, that it scarcely deserves the name of a remedy for the disease; that the treatment without loss of blood was attended with the most success, and the mortality of the disease increased in proportion to the extent to which bleeding was carried; the more copious the loss of blood, the more fatal the disease. It would seem, therefore, upon examination of statistical results, that there is but little encouragement for pursuing the usual, much recommended plan of treating apoplexy by bleeding. A comparison of the success attending the practice of bleeding in apoplexy with that where bleeding was not employed, as shown by the foregoing cases, is decidedly in favor of the latter, and should be sufficiently correct, from the number of cases reported, to neutralize the far too prevalent idea that bleeding is the only remedy to be depended upon in apoplexy." . . .

2. *That it is unsafe and frequently attended with dangerous and even rapidly fatal consequences.*—The frightful effects of a considerable loss of blood on persons previously in health, such as giddiness, fainting, sickness of stomach, delirium, general coldness, shivering, tremors, convulsions, and so forth, might alone serve as a useful caution to the reflecting practitioner against the artificial abstraction of blood in disease, if long established custom and ordinary routine did not represent bleeding as indispensable in a great many cases. Every experienced practitioner knows that the degree of susceptibility of being affected by bleeding of any kind is exceedingly different in different individuals, and that some are seriously and dangerously affected by the smallest artificial loss of blood, whilst others bear large depletions with apparent impunity. There is no criterion whatever to determine the degree of susceptibility beforehand; and therefore in every case, in which bleeding either general or local is resorted to, the patient is exposed to any bad consequences which may follow artificial depletion. Small, spare, and apparently weak persons sometimes bear bleeding much better than could have been expected, and, on the other hand, it frequently happens that strong vigorous individuals faint or are attacked with nausea, vomiting, tremor, convulsions, or even suddenly expire upon the loss of a small quantity of blood by artificial means. Krueger Hansen mentions the case of a very strong and healthy female who was

persuaded to have herself bled for an occasional oppression of the chest when lying in bed; three cups of blood were scarcely drawn from the arm when she became pale, cold, giddy, began to vomit, and expired three hours afterwards. Doctor Copeland mentions a similar case of a middle-aged man, somewhat fat, who had complained of an acute and painful disease, and had been bled only twice on successive days, and on neither occasion to above thirty ounces, yet the symptoms of excessive loss of blood appeared, from which he died in twenty-four hours after the second depletion. A Russian gentleman who was some years ago ordered twelve leeches on the head for giddiness, from that moment completely lost his memory. An apparently very healthy lady had twelve leeches applied to her hand for inflammation, notwithstanding which the inflammation only ceased about the sixth or seventh day afterwards; but the hand was paralyzed, became withered, and almost incapable of any motion. Persons are not unfrequently met with who suffer in consequence of general or local bleeding, from weak eyes, deafness, paralysis, loss of intellectual faculties, trembling of the head and limbs, general weakness, and so forth. Doctor Marshall Hall has directed attention to the derangement of cerebral functions, such as delirium, convulsions, coma, &c., caused by blood-letting. Doctor Burrowes, after relating a case of delirium tremens supervening at an early stage of pneumonia, which occurred in a dock laborer, says,—"The effects of the abstraction of blood upon this man were very striking. The loss of six ounces taken by venesection in the upright posture caused sickness, faintness, and profuse perspiration. The report of his condition a few hours after the bleeding, shows how seriously the nervous system resented this shock, and for several days the man's life was in great peril. I could cite from my own case-book other equally remarkable cases of a similar kind. Indeed, I have seen patients brought into the hospital with all the symptoms of furious delirium tremens, and when the nervous symptoms have subsided I have found the patients were suffering from pneumonia, for which they had been largely bled prior to admission."

Doctor Browne, of the Crichton Lunatic Asylum, speaking of the effects of bleeding in mania, says,—"Even in such patients as have been bled, but are ultimately cured, a stage of imbecility approaching to fatuity separates the period of excitement from that of convalescence. Dementia directly and obviously follows great evacuations and copious blood-letting, where no symptoms of alienation pre-existed. There is a case under my care, where incurable dementia succeeded the loss of blood in pneumonia. The fatal consequences of bleeding in delirium tremens have not suggested any warning. Depletion when the system is in a state of high excitement proves fatal in various ways; I have seen it induce convulsions during which the patient died. More frequently the weakness which supervenes is so great, and so little under the control of medicinal diet, that, after passing through every stage of prostration and emaciation, the patient sinks from debility or from some acute disease, or, as it were, actually worn out by the irritation of the mental disease. While writing these remarks a copy of the Annual Report of the Northampton Asylum has been transmitted to me, in which a table showing the causes of death contains the corroborative item: "exhaustion from previous depletion, two deaths." Pereira says, "As the patient recovers from the fainting state, (induced by bleeding,) hysterical symptoms sometimes manifest themselves. Throbbing head-ache and sleeplessness are by no means uncommon consequences of loss of blood. In some cases I have seen febrile excitement of several hours' duration brought on by blood-letting. Delirium and coma are less frequently met with. Great depression of the vascular system, followed by sudden dissolution, is another occasional effect of bleeding." And in another place he says, "It ought to be expected that an operation (bleeding) so powerfully affecting the vital functions, cannot be passive in its influence over morbid action, but the phenomena vary so much in different diseases, and even in the same disease under different circum-

stances, that it becomes exceedingly difficult to offer any general results. That the loss of blood is sometimes beneficial, at other times hurtful, is well known. A tendency to hæmorrhage has been thought by some experienced practitioners to be engendered by the application of leeches; then the return of the menses, the aggravation of menorrhagia, hæmoptysis and apoplexy, have been found to follow, and apparently the result from the employment of leeches." On the following page the same author says, "I have yet to notice another class of the general effects of the loss of blood, which may be denominated secondary or remote, and which are in no way useful in the treatment of disease. In some cases excessive reaction occurs, attended with throbbing of the vessels of the brain, pain and disorder of the cerebral functions. Exhaustion with insufficient reaction is another remote effect of the loss of blood. In two cases of infants I have seen this effect, consequent on hæmorrhage after a leech-bite, terminate fatally. Other secondary or remote effects of blood-letting are mentioned; they consist principally in disorders of the sensorial functions. Having hitherto described the consequences of bleeding generally, I must now refer more particularly to leeching. The constitutional or general effects caused by the application of leeches, are best observed in children and delicate females, more especially the former. I have, on several occasions, seen infants completely blanched by the application of one or two leeches. Pelletier mentions the case of a child six years old, who died from hæmorrhage occasioned by six leeches applied to the chest. It is quite impossible to say at what age venesection ought to be substituted for leeching, or in infancy, what number of leeches should be applied, since they take away such unequal quantities of blood." Nor is the application of leeches without its danger, inasmuch as the animal is of bad quality, or the stopping of the bleeding difficult, or the nurses careless. Pereira continues, "When leeches have fallen off, it is generally desirable to promote the sanguinous discharge; great caution is necessary in the case of children. Some years since, the application of a leech was ordered to the chest of a child laboring under pneumonia; it was at the same time mentioned, that the bleeding should be encouraged. The directions were literally fulfilled; the discharge of blood was assiduously promoted until so large a quantity had been lost that death was the result. In another instance two leeches were ordered for a child aged about eighteen months, suffering from pneumonia in consequence of measles; the following day the poor little creature was found in a fainting or rather dying state, with face and lips completely blanched. On inquiry it appeared that the leech-bites were still bleeding, and no attempt had been made to stop the discharge, the mother thinking it would be beneficial, more especially as the pneumonic symptoms had considerably abated; as predicted, the little sufferer died within twenty-four hours. Mr. Wilson, quoted by Mr. Wardrop, has related the case of a child where one leech nearly caused death by a serious hæmorrhage."

Though the dangerous effects produced by bleeding, as mentioned by these various authors, are not the constant consequences of that, after all, very poor and crude resource of medicine for the treatment of diseases, yet, would it not be wise not even to run the chance of inducing them in any case, and rather adopt those means which supersede the necessity of bleeding.

(To be continued.)

[From the American Journal of Homœopathy.]

MORTALITY OF CHILDREN.

The number of deaths in this city from the 11th to the 18th of July was 425; of which 249 were under five years of age, and 169 were under the age of one year.

The usual number of deaths in this city weekly, will average 200; and about one half are children under five years of age. We propose to examine this subject as far as our limits will allow. We cannot enter into all the details which some of our readers might desire, yet we shall be able to present such facts and arguments as may tend to cause light to shine in upon some dark places.

How important the inquiry, Why do so

many children die? Is it the will of the Creator, that so many of our little ones should be taken from us? We cannot believe it. We are aware that this involves a theological question, which perhaps we should not discuss in this place; yet we can scarcely resist the remark, that long since, we have believed that much ignorance prevails among the people on this very plain subject.

A few years ago a man hung himself, and the clergyman who officiated at the funeral consoled the relatives of the deceased by telling them that God, in his providence, had removed him, &c. Now, can any one in his right mind believe that the divine Being had anything to do with it.

The Creator has given man full information of the time of his existence in this world; and He has also graciously told him what he is to do, that he may live long upon the earth and enjoy its good things; most of which is almost entirely overlooked, even by those who profess to make His word the rule of life. Let us now, for a moment, look at another point as preliminary to the main subject. There is much fallacy in what is termed philosophy, very little of it which can command full faith; and of all the branches of science, none are more fallacious than the theories in medicine as put forth by the allopathic school. We have spent years in wading through this slough of medical philosophy, until we became convinced that it is incapable, in its present form, of accomplishing that for which it was intended; but, on the contrary, the practice which is founded upon the speculations of that school, is a positive evil, and should be abandoned. And we are not alone in this opinion: the most able and honored men of our profession deeply lament the uncertainty of the healing art as at present practised.

It is remarkable, that with all the drugging which is so generally practised by all classes of our population, and so few are really cured, and so many actually die, that a suspicion that something is wrong does not fix itself in every mind. No sooner does one child die than another is placed under the same treatment, and dies also; and then a third, and so on until a whole family is removed. And all this, as is believed, by the providence of God. A doctrine which is undoubtedly a safe protection for nurses, mothers, apothecaries, and doctors.

We cannot believe this doctrine. If my child dies in consequence of a course of conduct on my part, which, on a careful investigation, shows that such conduct was incompatible with the life of my child, in such an event, I cannot say that God, in his providence, did the deed. I cannot say that; but I ought to say, that I, in my ignorance—my wilful ignorance—did that which caused the death of my child. God had nothing to do with it. I did not consult Him about it at all. I did not even think of Him. My trust was in the doctor and in his drugs. Although they had failed and failed thousands of times, blighted the hopes and lacerated the hearts of thousands of mothers, yet the doctor and myself pursued the very same course; employed the very same unavailing and destructive means, and then try to escape the blame by placing it upon the Deity. Away with such nonsense—such false philosophy—such false theology.

But let us come to the question with which we started. Why do so many children die?

A learned physician writes:—It is owing to crowded apartments and want of fresh air. A few years ago some dozen or more of the most prominent of the profession gave certificates which were published, and ascribed the great mortality of children in this city to impure milk. The milk has been improved; but children yet die. The air of our city is fresh enough, and every one enjoys it,—even the youngest children may be seen by hundreds in their mothers' arms, in our parks, on board steamboats, for the very purpose of inhaling the freshest air; and there are few houses in our city but are reached by fresh air. Yet there is the same mortality—the same proportion of children die. Can this be explained? We answer, it can. Few things are plainer. A child is scarcely dressed for the first time, and the nurse (most nurses are a curse, instead of a

blessing,) prepares food for it. Molasses and water, crackers, water, and sugar, and often grated nutmeg is added. In a few hours the child becomes restless, and cries; and the nurse, forgetting or rather mistaking her duty, plays the doctor and administers catnep tea, soot tea, anise-seed tea, paregoric, Godfrey's cordial, peppermint, cinnamon, castor-oil, or rhubarb and magnesia. We have known the whole of these drugs to have been given successively by a nurse of high standing, to an infant two days old; and we also saw that infant die. Now, here we have the elements of dissolution at work, at a fearful rate, in 48 hours after the birth of the child. But lest the vain nurse should fail to complete the work of death, the mother unconsciously lends her aid by drinking port wine, ale, porter, and other liquors; and this, too, by order of the physician who ought to know better. Now, what do these drinks do? Do they cause milk? No! Do they give strength? No! No!! quite the contrary. Do they nourish the system? No! But what do they do? Among other evils they poison the nursing infant. Unite with this the drugging of the nurse, and you have the child sick; and if it is in hot weather, you will have what the physician will term *cholera infantum*. If a similar condition existed in cold weather, he would call it a diarrhœa with vomiting; and if it continues a long time, he would call it marasmus; and if the child goes into fits just before it dies, he would call it convulsions; and if it screams out suddenly, and rolls its head upon the pillow, and has dilated pupils, he terms it dropsy of the brain; and hence in the report before us we have cholera infantum 52, dropsy in the head 27, convulsions 51, inflammation 10, marasmus 23; all of which our lay readers will be suprised to learn, is most likely one and the same thing, viz.: a puking and purging to death of 172 children, caused by poisonous doses of drugs administered by the nurse, mother, and doctor, not with the intention of harm; but through downright ignorance.

After the nurse and mother do as above described, the family physician is sent for, who finds the child in a condition like unto this, viz.: Fever, vomiting, purging, and emaciation; and he follows the books under the head "Cholera Infantum," provided, as we said above, it happens in hot weather; and if he be one of the scientific sort of allopathists, he will say to himself, or perhaps will talk it out, "the indications are to allay, as speedily as possible, the irritability of the stomach and bowels; to restore the action of the skin and liver; and to determine the circulation from the internal to the external parts; to obviate irritation and sanguineous congestion of the brain." These and such like thoughts arise in his mind from the authorities—the books. Although the books may possibly agree in theory in the indications, there is very little agreement in the means of securing the speculative objects. Hence, one will give first of all a "gentle emetic," under the notion that the "stomach contains offending matter, which spontaneous vomiting is incapable of throwing off." He then resorts to another theory;—that the torpor of the liver and skin, in connection with cerebral irritation, constitutes the immediate cause of excessive irritability of the stomach and bowels. Therefore he says, "my principal object must be to restore these two functions; to obviate irritation and sanguineous congestion in the brain; and to determine the blood from the engorged vessels of the liver and mucous membrane of the alimentary canal." To do which, he applies a dozen leeches to the temples, and gives calomel and ipecacuanha—very likely applies blisters behind the ears, or on the abdomen. Finally, he obtains green or black evacuations from the bowels, which he calls bile; and then he proclaims to anxious parents the safety of the little sufferer. A full dose of castor-oil is now administered. But does improvement follow? No! The child becomes very feeble; eyes sunken and half open, and dark circles around them; face looks earthy; hands and feet cold, and a convulsion ends its life. Some give opium in this disease, which completes the work of death sooner. How came the doctor to prognosticate recovery? Because he followed the books, which say, only obtain bilious evacuation,

and all is safe; and although he has proved the books to be wrong again and again, he never doubts, for all unfortunate cases are only exceptions to the rule.

If we should enter upon an analysis of this treatment, it would extend beyond our limits. It will, however, be observed, that the drugging the child had received previously to the physician's visit, is not taken into the account by him at all, although it clearly lays at the foundation of all the mischief. The positions assumed are all false, having no foundation in fact; and if they were true, the means employed are not in any sense adapted to the objects sought. It is well established, that infants can endure a loss of blood only to a very limited extent; and further, that bleeding will induce a condition which renders the child liable to a real dropsy in the brain. And it is also true, that no drug is so capable of producing sudden prostration of the vital power as mercury, in acute diseases, especially in children. Every physician, of only moderate powers of observation, cannot but have witnessed this in his practice; and *ipecac*, which, if administered by itself and in minute doses, is often a most valuable remedy in the disease; but in combination with calomel, as used by allopathists, it aids in the work of death. For let the profession learn the fact, that the effects of ipecacuanha and those of arsenic on the human system are strikingly alike. The blister must not be omitted, for it plays an important part in this dreadful work. The Spanish fly or Catharides, of which a blister plaster is essentially composed, is absorbed into the system, and unites with the other drugs to prostrate the vital energies; for in poisonous doses, few drugs accomplish this object with more promptness.

Thus we may see why so many children die: and this is no fancy sketch; it is true so far as it goes, but much is omitted. This is the scientific practice of the old school, recommended by the best authorities, and adhered to in all essentials by all practitioners of that school.

The question will be asked,—Can Homœopathy do better? We answer, that a physician of our school never permits a nurse to prescribe drugs to the mother or child; neither will he allow her to feed the child on crackers, or anything else but the mother's milk; and if there be a lack here, he will order milk and water, sweetened with pure sugar. He will not sanction the use of ale, porter, or port wine, or any other alcoholic liquors. Although it is difficult to cure nurses of playing the doctor, as we ourselves have had ample experience, yet, it is our invariable rule, that when we find the nurse obstinate in this regard, she must leave or we will. From this rule, of late, we never depart. And if the mother persists in using improper drinks or diet, we will not bear the responsibility. And among our families, this is so well understood, that we declare for the consolation of mothers who have healthy children, that we have not had a case of cholera infantum for years, where they avoid drugging and medicine diet. This is a fact, and we defy the closest investigation. We have now in this city some hundreds of children, in our own circle of practice, who never swallowed an allopathic dose of medicine; and we leave the parents of those children to testify of the benefit of Homœopathy. It should, however, be understood that there are families who employ physicians of our school, who, nevertheless, do administer occasionally to themselves and children drugs in large doses; we do not include in the above statement those of this class. If, from errors of diet, a child is attacked with diarrhœa and vomiting with fever, &c., often, very often, a single dose of the appropriate drug will cure it in an hour or two.

We conclude, that there is no necessity for such mortality of children; and, every reader can see, this course of drugging must be stopped.

(To be continued.)

We beg pardon of the "Journal of Health and Green Mountain Spring," for not crediting them with articles taken from their columns. We were not aware that credit was not given until reminded of it by them. We hope an apology is all that is necessary.

(From the Mother's Assistant.)

THE MOTHER'S PARTING GIFT.

BY MRS. L. H. SIGOURNEY.

'Come near, my little ones,' the mother said,
And to her side they came,—two gentle ones,
While her emaciate hand, some treasure drew
From 'neath the pillow.
'Take my parting gift!
God's blessed Book, my babes. When ye are skilled
To read its pages, love them for my sake,
And every morn and evening, from your hearts
Pour the warm, gushing prayer. So shall He be
Your Comforter and Guide, when I am laid
In the cold grave, that God who was the stay
Of my young orphanage, and all my life,
Hath led me tenderly. And now, good night!
Good night, my darlings.'
Much they wondered why
Their mother in such feeble whisper spake,
Broken with sighs, and why her wasted cheek
Was pale as marble. Then she bade them go
To their sweet rest, for well she knew that night
Her struggle with the spoiler must be strong
And full of anguish.
Yet when morning came,
Breath stirred her bosom, and once more she saw
The brother with his little sister stand
Close by her couch; then pressed her whitened lip
One long, cold kiss, upon their polished brows,
And with a wondrous lustre in her eye,
The last, bright sunbeam of a mother's love,
Ere it became seraphic, the freed soul,
High o'er the bondage of all earthly ties,
Went forth with hallelujahs, at the call
Of its Redeemer.

Hartford, Ct, Oct., 1846.

(From the Western Medical Reformer.)

MODUS OPERANDI OF MERCURY.

Messrs Editors: It may not be amiss to lay before your readers the *modus operandi* of mercury, or the method by which it acts upon the human system, producing the many evil effects which are constantly witnessed from its internal administration.

The evils resulting from the employment of this mineral are not confined to the observation of a few, but are reiterated again and again by nearly all medical writers, and indisputably establish the fact that mercury ought never be used as a medicinal agent; nevertheless, it is still resorted to for almost every disease, by the physician; nor can we be surprised at it, when we are presented with such a medley of theories, and such discordant practice, as the various professors of medicine issue from time to time.

The student, trained by his teachers to adopt a certain course of treatment, based upon certain principles, is ushered forth into the world as a practitioner of medicine, being highly prejudiced in favor of the particular theory and practice which have been taught him, and considering every other as absurd and empirical. In due time he is called to the bedside of the sick—he prescribes—but all his skill is exerted in vain, he loses his patient. Nothing discouraged, he continues in his unsuccessful career, until after a practice of six or eight years, he arouses, as it were, from a dream, and discovers the utter futility of the theory and practice of his professors. He now searches for something new; he finds it—a celebrated medical author has advanced new ideas on the theory and practice of medicine—he seizes them with avidity, and adopts them; but a similar misfortune awaits him—his patients still continue to die, notwithstanding he has dosed them largely or minutely, as the case may be; until, after having ineffectually followed the various plans suggested by writers, he finally settles down into an entire state of carelessness, considering it a matter of indifference as to the recovery or non-recovery of his patients; and is satisfied that he has done his duty, by bleeding and doses of mercury, simply because all authors, however different their theories may be, agree in some measure to the adoption of such means.

This is a correct statement of the practice and *experience*, as many significantly express it, of more than three-fourths of our physicians. And truly a lamentable statement it is, for, in reality, the more *experienced* the physician becomes, the more ignorant is he of the principles of his profession; unless, indeed, he be one of those noble, philosophic souls who dares to break down the prejudices by which he is surrounded, and boldly examine for himself, without desire for future fame, or care for the scorn and malice of his blinded fellow-physicians.

But, without further digression, let us inquire, do physicians understand how, or why, this metal produces its action upon the human system? We have conversed with many physicians upon this subject, but could never obtain from them any more satisfactory reason, than that

its *irritating qualities*, or its *peculiar mode of action*, is the cause.

This is certainly an incomprehensible reason for him who honestly wishes to arrive at the truth, and the very next question would be, how is this *peculiar mode of action* produced—or how, acting merely as *an irritant*, so many *serious* effects should result? If we refer to standard authority on this matter, we still remain in obscurity—thus, in the U. S. Dispensatory, under the article *mercury*, it is said:

"Of the modus operandi of mercury, we KNOW NOTHING except that it *probably* acts through the medium of the circulation, and that it possesses a *peculiar* alterative power over the vital functions, which enables it in many cases to subvert diseased action by *substituting its own in their stead*."

If such, then, is all the knowledge which physicians have of the action of this mineral—such all the satisfaction we can derive from them—and yet, notwithstanding this ignorance, they still continue to employ it; let us ask if this is not downright empiricism? or if not, what is it?

In Eberle's Therapeutics, we find the following remarks:

"Mercury," it is observed by Cullen, "acts as a stimulus to every sensible and moving fibre of the body. What the peculiar character of the excitement which it produces may be, *it would be in vain to inquire*; but it appears to be more permanent and universal than that of any other medicinal agent with which we are acquainted."

We will now demonstrate the *peculiar character of the excitement* which mercury produces in the system, as ascertained by us several years ago, notwithstanding the bugbear assertion, that "it would be in vain to inquire."

1. Phosphoric acid pervades almost every fluid and solid of the human body, and is more abundant than any other acid.

2. Phosphoric acid and lime, in the form of phosphate of lime, constitute the greater part of the composition of human bones.

3. Phosphoric acid does not act upon mercury, but combines with its oxide, forming phosphate of mercury.

4. Phosphorous acid, differs from phosphoric acid in containing one proportion less of oxygen, and decomposes all the oxides and salts of mercury—separating the mercury in its metallic state.

5. Human bile which is excreted by the liver, is composed of water, albumen, picromel, muriate of soda, phosphate of soda, phosphate of lime, soda and lime uncombined with any acid, &c.,—hence the chemical character of the bile is alkaline.

6. Saliva, is composed of water, mucus, animal matter, alkaline muriates, lactate of soda, and pure soda.

7. The mucous secretion from the mouth throughout the whole alimentary canal, with the exception of the gastric and pancreatic juices, as has been proven by Mr. Donne and others, is of an alkaline character.

8. It is admitted by all chemists that acids and alkalies mutually decompose or neutralize each other, forming new combinations; also, that the affinity existing between acids and alkalies appears to be much greater, in general, than between any other known substances in nature.

9. In whatever soluble form the usual preparations of mercury are introduced into the stomach, they are reduced to an acid of the metal previous to being absorbed into the system.

10. Most acids are capable of combining with the oxides of mercury.

By keeping the above facts in view, we can clearly understand the *modus operandi* of mercury.

Thus, when any salt of mercury, say, a dose of calomel, for instance, has been taken into the stomach, and as soon as it has passed through the lower orifice of the stomach, (*pylorus*,) into the first intestine, or as sometimes, and more properly termed, the second stomach, (*duodenum*,) it comes in contact with the bile, which is discharged from the liver into the bowels at this point. Here, in consequence of the affinity existing between the acid combined with the metal, and the alkali of the bile, acid is separated, and forms with the alkali, a new combination possessing three elements, while the mercury is left in the form of the black oxide, which is the natural oxide of this metal. And it may

be opportune to mention here, that any salt of mercury, when exposed to the action of the atmosphere for a sufficient length of time, will result in the black oxide.

By the above action, a mutual decomposition takes place, both of the sub-muriate of mercury and the phosphate of lime of the bile, upon the principle called in chemical language, electric affinity. Thus, both the soda and the lime have a stronger affinity, or chemical attraction, for the muriatic acid of the calomel, than the affinity existing between the muriatic acid and the mercury. Hence, the soda and lime combine with the muriatic acid, forming muriates of soda and lime, while a portion of phosphoric acid is set free by a decomposition of t ıe phosphate of lime; and the mercury, by losing its acid, is reduced to an oxide. This is not only proved by chemical laws, but also confirmed by physiological facts. And in this manner calomel *touches*, or acts upon the liver—we may likewise understand, why the discharges from the bowels produced by mercurial cathartics are invariably dark colored, like the black or grey oxide of mercury.

In the form of an oxide, then, is mercury carried into the mass of blood, to be thence circulated to every part of the system. Combining with the phosphoric acid of the bones, a phosphate of mercury is formed, leaving the bone in a state of an oxide of calcium, or common lime; the bony structure being thus chemically decomposed, crumbles and exfoliates.

A similar combination with the phosphoric acid of the nerves and brain, produces nervousness, severe pains, loss of memory, headache, &c., and as the changes of the atmosphere act upon mercury in any state, the suffering patient can predict the various changes about to take place in the weather, with as much precision as could be derived from the most delicate barometer.

But, pure mercury, or mercury in its metallic state, has been found in various parts of the bodies of those who have used it as a medicine, by several celebrated anatomists; and how could this have been produced from its phosphate? We reply, not from the phosphate, but from the phosphite of mercury, which salt, whenever formed, separates after a time, freeing the phosphorous acid, and leaving the mercury in its metallic state.

Phosphorous acid may be produced by any element capable of abstracting from phosphoric acid a part of its oxygen. Phosphorous acid being thus formed, and coming in contact with the oxide of mercury, will form a phosphite of mercury, from which, eventually, the mercury will be precipitated or separated into its metallic state, in which state it may remain any indefinite period of time. This also affords a clue to an understanding of the statement made by Dr. Goldsmith, in his natural history, that those miners who have been condemned to labor for life in mercurial ores, often "transpire quicksilver at every pore," before death releases them from their sufferings.

The oxide of mercury is capable of producing decomposition to some extent in every fluid or solid of the human body. And if any gentleman of the old school can disprove the above explanation of the modus operandi of mercury, I trust you will allow him the use of the pages of your journal; that is, if he dares to risk his reputation, or expose his ignorance, by attempting it. J. KING, M. D.

VITIATED AIR IN APARTMENTS.

M. Lassaigne has shown by a series of investigations, that, contrary to a common opinion, the air in a room which has served for respiration without being renewed, contains carbonic acid alike in every part, above as well as below; the difference in proportion is but slight, and where appreciable, there is some reason to believe that the carbonic acid is in greater quantity in the upper parts of the room. These experiments establish the very important fact that all the air of a room must be changed in order to restore its purity. The plans sometimes resorted to, to draw off the air in the lower part of the room, or change this portion only by circulation, are wholly ineffectual as a means of ventilation.—*American Journal of Science and Arts.*

ON PHYSICAL EDUCATION.

BY WALTER CHANNING, M. D.

I have spoken of physical culture, and of the physical laws, the observance of which directly conduces to the preservation of health, in their relations to the *individual*. I have endeavored to show what is the obligation to these laws, and the entire reasonableness of their strictest observance, from the consideration of personal interest in doing what is right in this regard. A very important subject for thought remains. I now refer to the interest of others, and of the State, in the observance just alluded to, and I shall endeavor to show how wide is the responsibleness of men in this regard, and how faithless to duty are they in their neglect of this responsibleness.

I. A man transmits himself in an important sense to his offspring. This remark applies not merely to the physical, to that which distinguishes a man physically from others his form, his face, his expression, his manner. It reaches deeper than all this. It embraces the moral, the intellectual, the religious. What an age, or what a man does, dies not with it, or with him. It impresses itself upon his own time, and those who make it just what it is, as far as his influence extends, and it does the same in regard to the coming time. Opinions of all sorts, religious, moral and literary, are inherited, so that we find the old repeated in the young, and this after a manner and in a degree which is not wholly explained by the fact that the parent and the child live together, so that what belongs to the one, comes to belong to the other. I can understand how habitual modes of thought can so impress themselves on the organ of the mind, the brain of the parent, as to affect its conformation, or its physical state, just as I can understand how the brain may come to influence intellectual habits. For instance, I see an idiot : I see in him something in the configuration of the head which distinguishes him from other men. The head is very small, or is deformed,—it may be frightfully large. We know that such condition of the head depends upon that which is within the skull, that they are exactly fitted to each other. I can understand how the *physical* of such a being may be transmitted to another. We do know that such unfortunates are met with in the same family, their organization depending upon some hidden peculiarity in the organization of one or both parents. Now suppose such an idiot should in very early life be subjected to the methods of instruction now in such successful operation in the Bicêtre and Salpétrière hospitals, so called in Paris—and that he experience intellectual and moral developement, so as to be able to solve the problems of Euclid, and to understand what is duty, both in its nature and in its obligation. Might we not look for a great change in the organic condition of such a young person, and that if configuration of the head, for instance, did not materially change, that changes would be brought about in the brain itself, and activity be imparted to it, or to a portion of it, which would so alter them, or it, as to become permanent conditions, and which would so be transmitted to progeny ?

I put the case here in form of question, because I have not at hand the facts which might give to it another form. And for the moment admit the supposition to have in it any truth. How powerful becomes the argument at once for the highest, the best moral, intellectual, and religious culture, inasmuch as each of these may have most important agencies in the production of such physical conditions, as may make their reappearance in offspring a matter to be calculated on, or certainly labored after, in our discipline, our culture of them. Everything, says Mrs. Barbauld, educates our offspring. The earliest influence exerted upon the child, be it but in the look, or in the voice of the parent or earliest attendant may make impressions which time may never obliterate, but which in the accumulation of the like in the progress of age, may settle the great question of character to all future time. Who can question that it is by such influences that the organ of the brain is first impressed, and that by these impressions its future functions may be materially regulated if not wholly determined? In this view of it our subject assumes the deepest interest.

If individual, intellectual, and moral characteristics may be transmitted, and this through the agency of organization in any appreciable manner, how great becomes the responsibleness of the individual to the ages which are coming after him. If knavery or predisposition to it, may become hereditary—if vice in all its forms may continue itself in one's progeny—if moral sentiment, and even religious faith, or rather want of faith, may cohere with peculiarities of organization which have had their origin in habitual, permanent intellectual conditions and habits, of what vital importance is it to the coming time that men should aim at the highest culture, the truest self-control, to the most careful utterance of opinion, since it may be that they are in all these agencies making themselves the active causes of their own continuance—of checking the progress of society in regards the importance of which is not equalled by any of the other agencies or relations of life.

II. But however it may be with the intellectual, and of its connections, or dependencies on the physical, or whether the relation be that of cause or effect, no question exists that physical peculiarities, or conditions, are transmissible, and that in these respects the child may be but the repetition, in a new development, of the parent. The manner in which this is effected is through the agency of *predisposition*. By this word is meant such an organization as will allow of the easy operation of morbid causes in the production of disease. I say organization, for beyond this, researches or reasonings cannot go, and when we say this, it is not to be understood that it is at all known in what one organization so differs from another in different individuals as that one shall be by it predisposed to particular diseases, while others are entirely exempt from, or are not liable to them. A man by luxurious and indolent habits—by the habitual use of stimulants of various kinds—by the daily indulgence in food of excessively nutritious properties, produces in himself the disease called *gout*. There may have been in him no inherited predisposition to this disease. He has produced this by his modes of living, and the exciting causes of the disease itself may have been also applied by himself. He at first suffers from his self-created disease only after intervals of various length. These gradually become shorter and shorter, it may be. But however long, a degree of invalidism gradually comes to occupy them, so that the gouty man passes most of his time in getting the means of diminishing pain, and of finding those which will give him most pleasure. He often gets the first from the popular empiricism, and the last are supplied to him by the table. In this way confirmed ill health becomes his condition, and his occupation is mainly found in making it tolerable, or, so to speak, *in enjoying it*. He is an instance of disease produced by habits of life independent entirely of inherited predisposition. More commonly there is the latter, and in this we trace the history of transmitted disease. The offspring furnish the proof. How exceedingly common was it when gout was a common disease, to see it existing as an heir-loom in certain families; and as such families were often of consideration in the community, this disease was by some considered as among the evidence of gentle birth, and gentle blood. The child inherited the disease, or its condition, and the habits to which he was born, and in which he was nurtured, made it pretty certain that the predisposition would not exist *alone*. The disease commonly appeared in due time. What is worthy note here is the fact that the disease was very much confined to the sons of such parents. The daughters very rarely showed the disease. They were doubtless born with the predisposition. Whence their exemption? I answer, in the simple fact that the habits of their lives did not in the first place increase the predisposition; and did nothing to produce the disease. They did not fall into the luxurious or indolent habits by which they were surrounded. The instincts of their sex preserved them from indulgences which would have as surely brought disease upon them as they do upon men. Their whole modes of life, and their true aim and place in society, are to be looked to principally as the causes of the exemption referred to.

Insanity, that awful malady, which is the dethronement of reason, is transmitted to offspring. It may be the product of known causes in families in which it has never before appeared, and though produced thus accidentally, may be transmitted to others. Intemperance is one of such causes. The exhaustion of physical and intellectual power in business, and especially if such business be unsuccessful, may become causes. Most commonly, however, it exists in families, in the blood, so to speak, and predisposition to it being inherited, it is pretty apt to declare itself as the direct product of the causes by which it is surrounded. Gout is the consequence of the habitual violation of the laws of health. We have seen how in the case of women it may not show itself, and have offered an explanation of this fact. Now the discussion of the predisposition to insanity has its principal interest in the fact that, where it exists, such arrangements for prevention may be made as not only may cause a suspension in the occurrence of the malady, but also destroy the predisposition itself. This is attempted by avoiding intermarriages in families, which are known to perpetuate both physical and intellectual peculiarities, as well as tendencies to certain diseases. But from almost the necessities of the case, this method too often fails in its practical applications, to be relied upon. We must look to nearer and surer methods to obviate so great an evil, to prevent so terrible a disease. We must look for them in physical culture, and in the whole discipline of early life. We must look for them in our moral and intellectual methods with the young, and secure to them a wise guidance, and a wise and generous sympathy. It will not come of a slavish regard to impertinent details, that the predisposition to insanity will be destroyed or removed. It will be in the apprehension of true principles, and in their wise application. Men fail because they too much insist on rule, when the basis of the rule, that on which it rests, most demands regard; and so physical and intellectual habits are at length, and certainly produced, in the supremacy of which both the mind and the body will at last give way. What sadder fact than is this, the continuance of human suffering by the social arrangements around us, and which are designed for individual comfort and good, it may be, but which every day produce the most melancholy opposites! But it is said, "how rare the suffering—how rare insanity"! Is that rare which is numbered by thousands? And is the term insanity rightly limited to those only who fill the mad-houses of the land? It is a terrible calamity, and it is continued amongst us by the popular indifference to the circumstances which lead to it. Would not a truer culture for all, a wiser adaptation of all social influences to the best end, do much to prevent what it now costs so much to provide for, and which, when the most has been done, is felt to be so little?

I have referred to one physical and one intellectual malady, the predisposition to which may be transmitted from parent to child, and the exciting causes of which are on every side. I have but begun the catalogue. Diseases in great variety, and involving consequences of various interest, from the slightest to the greatest. Scrofula is one. This word, which in its popular use is given to a certain local condition, or disease of certain glands about the neck and elsewhere, is, in fact, a morbid state of the whole body, which merely declares itself in the glands alluded to. It is a state of universal weakness, of imperfect vitality, so to speak, which is the foundation of, or predisposition to, the gravest maladies, consumption being one. Here, then, is a disease which is continued in families by mere transmission from parent to child, and so sure is the descent, that it sometimes happens that a generation is almost wholly cut off by it. Physical education will do most to prevent such wide disaster. The separation of families, by preventing intermarriages, and other obvious means, are all important agencies to the same end.

Specific diseases, such as are produced by the contact of the healthy with a matter produced in the sick, though so generally are not to be taken but once, and cannot be transmitted through progeny, may, some of them, be taken again and again, and may be communicated to the

If individual, intellectual, and moral characteristics may be transmitted, and this through the agency of organization in any appreciable manner, how great becomes the responsibleness of the individual to the ages which are coming after him. If knavery or predisposition to it, may become hereditary—if vice in all its forms may continue itself in one's progeny—if moral sentiment, and even religious faith, or rather want of faith, may cohere with peculiarities of organization which have had their origin in habitual, permanent intellectual conditions and habits, of what vital importance is it to the coming time that men should aim at the highest culture, the truest self-control, to the most careful utterance of opinion, since it may be that they are in all these agencies making themselves the active causes of their own continuance—of checking the progress of society in regards the importance of which is not equalled by any of the other agencies or relations of life.

II. But however it may be with the intellectual, and of its connections, or dependencies on the physical, or whether the relation be that of cause or effect, no question exists that physical peculiarities, or conditions, are transmissible, and that in these respects the child may be but the repetition, in a new development, of the parent. The manner in which this is effected is through the agency of *predisposition*. By this word is meant such an organization as will allow of the easy operation of morbid causes in the production of disease. I say organization, for beyond this, researches or reasonings cannot go, and when we say this, it is not to be understood that it is at all known in what one organization so differs from another in different individuals as that one shall be by it predisposed to particular diseases, while others are entirely exempt from, or are not liable to them. A man by luxurious and indolent habits—by the habitual use of stimulants of various kinds—by the daily indulgence in food of excessively nutritious properties, produces in himself the disease called *gout*. There may have been in him no inherited predisposition to this disease. He has produced this by his modes of living, and the exciting causes of the disease itself may have been also applied by himself. He at first suffers from his self-created disease only after intervals of various length. These gradually become shorter and shorter, it may be. But however long, a degree of invalidism gradually comes to occupy them, so that the gouty man passes most of his time in getting the means of diminishing pain, and of finding those which will give him most pleasure. He often gets the first from the popular empiricism, and the last are supplied to him by the table. In this way confirmed ill health becomes his condition, and his occupation is mainly found in making it tolerable, or, so to speak, *in enjoying it*. He is an instance of disease produced by habits of life independent entirely of inherited predisposition. More commonly there is the latter, and in this we trace the history of transmitted disease. The offspring furnish the proof. How exceedingly common was it when gout was a common disease, to see it existing as an heir-loom in certain families; and as such families were often of consideration in the community, this disease was by some considered as among the evidence of gentle birth, and gentle blood. The child inherited the disease, or its condition, and the habits to which he was born, and in which he was nurtured, made it pretty certain that the predisposition would not exist *alone*. The disease commonly appeared in due time. What is worthy note here is the fact that the disease was very much confined to the sons of such parents. The daughters very rarely showed the disease. They were doubtless born with the predisposition. Whence their exemption? I answer, in the simple fact that the habits of their lives did not in the first place increase the predisposition; and did nothing to produce the disease. They did not fall into the luxurious or indolent habits by which they were surrounded. The instincts of their sex preserved them from indulgences which would have as surely brought disease upon them as they do upon men. Their whole modes of life, and their true aim and place in society, are to be looked to principally as the causes of the exemption referred to.

Insanity, that awful malady, which is the dethronement of reason, is transmitted to offspring. It may be the product of known causes in families in which it has never before appeared, and though produced thus accidentally, may be transmitted to others. Intemperance is one of such causes. The exhaustion of physical and intellectual power in business, and especially if such business be unsuccessful, may become causes. Most commonly, however, it exists in families, in the blood, so to speak, and predisposition to it being inherited, it is pretty apt to declare itself as the direct product of the causes by which it is surrounded. Gout is the consequence of the habitual violation of the laws of health. We have seen how in the case of women it may not show itself, and have offered an explanation of this fact. Now the discussion of the predisposition to insanity has its principal interest in the fact that, where it exists, such arrangements for prevention may be made as not only may cause a suspension in the occurrence of the malady, but also destroy the predisposition itself. This is attempted by avoiding intermarriages in families, which are known to perpetuate both physical and intellectual peculiarities, as well as tendencies to certain diseases. But from almost the necessities of the case, this method too often fails in its practical applications, to be relied upon. We must look to nearer and surer methods to obviate so great an evil, to prevent so terrible a disease. We must look for them in physical culture, and in the whole discipline of early life. We must look for them in our moral and intellectual methods with the young, and secure to them a wise guidance, and a wise and generous sympathy. It will not come of a slavish regard to impertinent details, that the predisposition to insanity will be destroyed or removed. It will be in the apprehension of true principles, and in their wise application. Men fail because they too much insist on rule, when the basis of the rule, that on which it rests, most demands regard; and so physical and intellectual habits are at length, and certainly produced, in the supremacy of which both the mind and the body will at last give way. What sadder fact than is this, the continuance of human suffering by the social arrangements around us, and which are designed for individual comfort and good, it may be, but which every day produce the most melancholy opposites! But it is said, "how rare the suffering—how rare insanity"! Is that rare which is numbered by thousands? And is the term insanity rightly limited to those only who fill the mad-houses of the land? It is a terrible calamity, and it is continued amongst us by the popular indifference to the circumstances which lead to it. Would not a truer culture for all, a wiser adaptation of all social influences to the best end, do much to prevent what it now costs so much to provide for, and which, when the most has been done, is felt to be so little?

I have referred to one physical and one intellectual malady, the predisposition to which may be transmitted from parent to child, and the exciting causes of which are on every side. I have but begun the catalogue. Diseases in great variety, and involving consequences of various interest, from the slightest to the greatest. Scrofula is one. This word, which in its popular use is given to a certain local condition, or disease of certain glands about the neck and elsewhere, is, in fact, a morbid state of the whole body, which merely declares itself in the glands alluded to. It is a state of universal weakness, of imperfect vitality, so to speak, which is the foundation of, or predisposition to, the gravest maladies, consumption being one. Here, then, is a disease which is continued in families by mere transmission from parent to child, and so sure is the descent, that it sometimes happens that a generation is almost wholly cut off by it. Physical education will do most to prevent such wide disaster. The separation of families, by preventing intermarriages, and other obvious means, are all important agencies to the same end.

Specific diseases, such as are produced by the contact of the healthy with a matter produced in the sick, though so generally are not to be taken but once, and cannot be transmitted through progeny, may, some of them, be taken again and again, and may be communicated to the

child. The disease which has its growth and continuance in licentiousness, in illicit indulgence, is one of the most terrible of these scourges, and, to the disgrace of society, is among the most frequent. The disease referred to, attacks and kills the unborn child. It destroys the life of the young. It appears in later life, in forms, which having resemblances to other diseases, may escape the popular knowledge, but concerning which the judicious physician cannot be in doubt. It is a curious fact that the specific contagions which attack men, and without the least agency of theirs, should be self-limited, observing certain exact laws of beginning, progress, and termination, and are taken but once, —it is, I say, a curious fact, that while these are what I have said of them in their history, those which men contract by their own agency, their vicious and not unfrequently infamous habits, are not self-limited, but continue indefinitely; go on from one destructive step to another, till the whole body falls under its loathsome empire: nay, more, the taint of which reaches to progeny, and produces infinite suffering and death to the innocent, and to the most helpless! So important have these facts been deemed by foreign states, that the law has been called in to prevent such measureless evil. Houses are licensed, and bureaus or offices are established, having medical men attached to them, whose duty it is to visit the "houses for prostitution," to make professional examinations of the inmates, and to remove those who are diseased, to hospitals for treatment and for cure. The reason for this is the ignorance of the young, of the consequences of their own vicious acts, and so to save the unwary and the ignorant. I do not stop to ask what are the moral tendencies of such legal agencies for preventing the natural consequences of vice, but I do ask if some means should not be adopted to save the unborn, the helpless, and the innocent young, from the terrible consequences of their parents' sin, which the popular indifference to this subject so largely and deeply involves? The prevention can only be looked for in the moral state, and its free exercise, of communities. While incontinence, and promiscuous intercourse,—while fidelity to the marriage contract is hardly deemed a virtue,—while base and infamous men are admitted to the best society, with their sin or its consequences written on their very faces, and while the wretched women they have seduced by money into sin are deemed loathsome and abhorrent to the sense, and to the heart,—while such things be, you can do but little to prevent the transmission of the most terrible diseases, and the infliction of measureless misery.

The subject which has engaged us in this paper is of the deepest interest. The popular ignorance concerning it is so great, that we cannot be surprised at the popular practice. The "let alone" doctrine has in this, and kindred topics, its widest application. Let men who have love of the individual, and interest in the state, do what they may to move to right thought and action those who are dead to the deepest interests of all humanity.—*Journal of Health.*

[From the North American Review.]

WYMAN ON VENTILATION.

Closed rooms and the heat of fires are essential to the comfort of the inhabitants of New England during about eight months in the year. The great cost and labor required for maintaining these fires have produced constant efforts to improve the apparatus and render the methods of warming more economical. The old fireplace, which formed the sitting-room of a large part of the family, in the days of our ancestors, was long ago abandoned for the improved forms introduced by Franklin and Rumford. These again have passed away, and new arrangements of stoves, grates, and furnaces, have succeeded each other, during the last fifty years, with a rapidity which, although it has often outrun improvement, has in the main greatly advanced the economy of warming houses, and given great comfort to all classes of people. Heat alone, is not all that is necessary to our comfort, or even health in winter. Without a constant supply of pure air, consisting of those proportions of oxygen, nitrogen, and aqueous vapor which nature has combined in the common atmosphere, we can expect neither

a healthy body nor a vigorous mind. Now, it unfortunately happens that a supply of this pure air, or a *ventilation* of rooms of every kind, is necessarily adverse to the most economical methods of heating them, and it is a matter of no small difficulty to combine an efficient ventilation with a moderate consumption of heat.

In any system of ventilation established and practised upon rational principles, it seems necessary first to determine what quantity of air is requisite to each individual in a given time. It would seem that the ration of air, the food to the lungs, might be assigned, like the ration of bread and meat, the food of the stomach, and although we might be required sometimes to content ourselves with a short allowance, it would be well to know what constitutes a full supply. To determine this question, various estimates and observations have been made which exhibit widely discordant results. Dr. Arnott will be content with two or three cubic feet a minute; while the supply sometimes required in the House of Commons has been sixty feet a minute for each person. These extremes exhibit the difference between necessity and luxury. The smaller quantity will support life for the time, but with a constant feeling of discomfort and strain upon the health, while the larger gives a good tone to the body and a free flow to the spirits.

Of rooms for public use, where large numbers assemble, churches are generally the least difficult to ventilate, as the audiences are rarely large in proportion to the size of the building, and the assembly seldom continues more than an hour and a half; a time so short that a few flues or openings in the ceiling, and a supply of air from a Wakefield furnace, or hot air stove, are sufficient to correct the effect of all noxious gases.

The air of lecture-rooms is commonly more oppressive than that of churches, as the audiences are more crowded, the ceiling lower, and the lecturer often over-estimates his ability to interest his hearers, and holds them together more than his legal hour. As it is not often in our power to adopt the *plenum movement* in a lecture-room, great care should be used, when such rooms are designed and built, to provide large flues in the walls, or openings in the ceilings; which should be assisted by cowls to produce a constant flow from the room.

School-rooms, occupied for several hours in succession, by persons of tender years and requiring every aid from external circumstances to fortify their health and assist their growth, need a high degree of ventilation. Children are not readily sensible of the presence of foul odors or a suffocating atmosphere. Hence, they may receive much injury in their health from bad ventilation, without complaint. Cold is immediately painful to them, and they will take care to let their sufferings be known. They are therefore better pleased with unwholesome air at a high temperature, than with pure air if at all chilly. But they should be exposed to neither; for it is impossible that the object for which schools are instituted can be well attained without an invigorating atmosphere, which gives clearness to the mind as well as strength to the body.

As the number of scholars who assemble in one room rarely amounts to a hundred, there can be no difficulty in providing a sufficient ventilation for them, if it be taken into consideration and made part of the design when the school-house is built. If then neglected, especially if the building be divided into stories, and occupied by different schools or classes, so many difficulties may be found in adding flues for ventilation, that they will most likely be for ever wanted. Dr. Wyman has given the subject of school-rooms particular attention in his treatise, not only in relation to ventilation, but in respect to various other conditions which affect the health and comfort of both scholars and instructers.

Of all rooms for large assemblages, the chambers or halls used by deliberative bodies are the most difficult to ventilate. The complaints constantly made of the close and uncomfortable atmosphere of our legislative chambers are known to every body. This is to be attributed solely to these assemblies continuing together during many consecutive hours, so that, if

there be any excess in the production of noxious over the supply of pure air, it has time to accumulate, while the members of the assembly, for want of exercise, and sometimes from the prosy and unsatisfactory character of the debates, are rendered particularly sensitive to the annoyance.

The heating apparatus now in common use with us may be arranged under three kinds. The open fire-place or grate, the close stove, or a vessel or system of pipes containing hot water or steam, placed in the room occupied by the family; and the apparatus for hot air, in whatever form it may be constructed. Where the open fire-place or grate is used, it must always be accompanied by a good ventilation; as the flow of air to the chimney above and by the side of the fire must be attended by an equal flow of fresh air from without. With the wide fire-places and open flues, such as were used by the early settlers in New England, the ventilation was in such excess, that the temperature of the room could never be raised much above that of the external air. The model of this old fire-place and chimney was probably brought from England by the Puritans, where it had lately been substituted for the more simple hole in the roof, in the dwellings of the common people; as Holinshed says that old men, in his time, mentioned the great increase of three luxuries since their remembrance, namely, glass windows and chimneys to their houses, and pillows to their heads.

The introduction of the close stove was an immense advance from the open fire-place, even after it had been improved by narrowing it to its smallest dimensions, in giving a comfortable temperature to rooms; while it has been attended with the great evil of rendering the ventilation imperfect. Used as it sometimes now is, under the name of the air-tight stove, in a close room, it cannot fail to be most pernicious to the health of all exposed to it. The mode of warming by hot water or steam held in vessels or pipes within the occupied room may be subject to the same abuse. Should this method of warming houses be improved and extended, as we think it not unlikely it will be, some flue or aperture should always be provided for ventilation; otherwise, it will become quite as injurious as the air-tight stove.

The system of warming by hot air, whether the air be heated immediately by the furnace, by water, or by steam-pipes, is one of the greatest improvements in domestic comfort of the last twenty years. The furnace is a ventilating as well as a heating apparatus, and it is only necessary to provide for a sufficient evaporation of water, to be introduced with the air, to render the atmosphere of a room always comfortable and healthy. Those to whom the sight of an open fire is pleasant, and who are not willing to abandon the domestic hearth, may use hot air for their halls, entries, and many other rooms, and retain the fire-place and its accessories in their sitting-rooms; and this combination furnishes the most perfect method of warming and ventilating now known.

THE ELECTRIC MAID. — M. Arago mentioned that he had been called upon to witness some of the most singular phenomena which he had ever beheld, in the shape of electric discharges of the most violent character, proceeding from the person of a young girl, aged thirteen, lately submitted to his inspection. This truly remarkable child overturns tables and chairs by merely touching them with her apron. When she sits down, the moment her feet touch the ground the chair is upset, and she is suddenly propelled with considerable force. M. Arago said he had seen all these experiments, and had not been able to detect any trick. He begged the Academy would appoint a committee to investigate the matter.—*Lond. Med. Journal.*

MOTHS.—Mr. Baker, in a lecture on insects, lately delivered before the London Farmer's Club, stated that the ravages of the common woollen moth may be entirely prevented, in the followingmanner:—He said, "you have nothing to do but to place shallow boxes in your drawers, with a little spirits of turpentine in them; and as the turpentine evaporates and penetrates the cloth, the larvæ will protrude and be found dead on the surface."—*Cultivator.*

WATER-CURE JOURNAL.

NEW-YORK, JANUARY 1, 1847.

TO OUR PATRONS.

Another editorial year has passed. We hope our readers have been both edified and benefitted. To render our Journal useful, is our main object. We are sensible that we have not accomplished as much as we wished, and, perhaps, not as much as was anticipated. To do better in future is our high endeavor.

We are happy in being able to announce, that the friends of Hydropathy are increasing, and as a system it is daily becoming more popular among the people. It of course has to encounter strong and deep-rooted prejudices. We have all, to some extent, been affected with hydrophoby. It is but recently that physicians have been willing to let the sick even have a little cold water to drink, much less to be bathed in it, though they might beg for it ever só constantly and piteously. And, notwithstanding, now and then, it was taken by stealth, and the fever broken, and all the symptoms changed as if by magic, prejudice was so strong against it, that it was still prohibited. But there are multitudes who have taken medicine enough, some of whom are to this day, and have been for years, from the effects of mercury remaining in the system, almost perfect barometers; and many of them, in spite of the old practice, will carry what is called *the doctor's disease*, the effect of drugs, to the grave. We have a patient now under treatment, and we are happy to say improving, who is in this condition; who had not been able for nearly twenty years to drink the least cold water, till the adoption of Hydropathic treatment; who has been experimented on, by one doctor, till he was tired trying to effect a cure, or honest enough to confess that he could not, and then another, and so on nearly through the period of one generation. Many are seeking by some means to escape, both from disease and the doctors; some mode of treatment more simple and safe. But thousands of the worst forms of chronic and acute disease have been cured by water simply, when all other means had failed. A gentleman of this city, who had been confined eighteen years with rheumatism, and spent, as he says, thousands of dollars upon doctors, and that to no purpose, has been restored by Hydropathy. It is a system of treatment that requires energy and perseverance, and then it will accomplish wonders. It tends to make its votaries temperate, industrious, regular in their habits of living, and to give them the enjoyment of perfect health,—a blessing which but few at the present day enjoy. Hydropathy is also prophylactic in its influence. To those who follow its directions, the days of illness are few, and far between. But to one and all we would say, test it and know for yourselves. That you may be induced to do so understandingly, no pains or efforts on our part shall be wanting. In coming before you in the first number of this volume, permit us heartily to wish you *a Happy New Year!*

CLYSTERS.

Clysters have been in use, more or less, for many centuries. They were probably first used by the Egyptians, as Langius says that they first learned their use from seeing the Ibis, (a bird of the Gallic order, and much like the King-fisher,) when sick, inject into its own bowels the water of the Nile, with its own bill. Their utility is greatly increased, as they are administered in the Water-cure practice. Simply pure water is much better than medicated clysters. The question is of-

ten asked, Is it not necessary to take a dose of medicine to move the bowels? We answer, No! It is much better and safer to use clysters, for the more you take medicine to move the bowels, the more you may. We have often observed that those who are frequently dosing themselves with some of the all-curing pill, or other nostrums, are still in the greatest need of remedial aid. A dose of medicine does not remove the cause of constipation, but it does irritate the bowels, and often leaves them in a worse condition than before it was taken. However simple the medicine taken, if it produces more than a natural movement of the bowels, it creates so much of disease. Clysters are not all that is required to cure constipation of the bowels; but it can, in every instance, be cured without taking medicine. If an immediate evacuation of the bowels is necessary, it can be accomplished with water quicker and more safely than in any other way. We have known many instances of chronic constipation which had resisted various treatment with medicine for years, cured effectually in a short time by hydropathy. And we hope the time is not far distant when the efficacy and simplicity of the use of water in this matter will be generally known and its utility enjoyed.

[From the Editor's Note-Book.]

CONGESTION OF THE BRAIN.

Mr. F., of this city, was attacked with congestion of the brain. It was brought on by excessive mental application and a neglect, to some extent, of the laws of health. When we were called to see him he had been several nights without sleep, although he had taken the ordinary remedies given in the old practice, to induce sleep. The circulation was feeble and perfect; the pulse was small, at about sixty. The bowels were constipated, the tongue coated; and there was a loss of appetite. The nervous system was very much prostrated, and very excitable. On closing the eyes a great variety of fantasies made their appearance. The least noise or motion of objects affected the patient unpleasantly; and vision was changed and various at times. The extremities were cold and clammy. The mind was depressed, and filled with foreboding. First, a cold foot and sitz bath were given for eight or ten minutes, with a wet napkin applied to the head, to prevent an increase of the congestion, with constant rubbing of the parts in the water. It took much rubbing, after the bath, to get the feet warm;—but it was accomplished. The wet compress was continued to the head. This was about eleven in the morning; and, at seven in the evening, he was packed in the wet sheet, and remained in it till warm, and then was rubbed off quickly with cold wet towels, and then dry ones, and went to bed.

2*d day*.—The patient rested wery well, and feels better. The pulse is now one hundred, and stronger. The extremities are warm; little thirst, but no appetite. Bowels were moved off with tepid water injections. Baths were taken to-day same as yesterday.

3*d day*.—Head feels much better; slept very well last night. The bowels moved moderately this morning of their own accord. Appetite begins to return, and the tongue is becoming clean. Baths repeated the same as yesterday.

4*th day*.—Patient still improving. Appetite pretty good,—ate toast and gruel. Took a shower-bath on rising, and the other baths the same as before. In the evening the bowels moved freely with the use of an injection.

6*th day*.—Patient feels quite well, with the exception of being weak. Has a good

appetite. Circulation is quite natural. He took little exercise in the open air. Baths repeated.

7th day.—Patient went to his office, and attended to some business.

10th day.—Patient feels better than he has for a long time.

—

Mr. K. of this city called to consult us in relation to his health. He had taken cold, and it had settled mainly in the throat. There was almost a constant flow of thick ropy mucus from the mouth, soreness of the throat, hoarseness; and he found it difficult to swallow even a teaspoonful of water. The lower extremities were cold, the face flushed, and the head hot. First, he was packed in a cold wet sheet, with napkins wrung out of cold water, applied about his head and neck for one hour. After this he took a douche, and was rubbed till dry and warm. He took a cold sitz and foot bath in the evening, with rubbing; applied wet bandages freely to the chest, neck, and head, through the night.

2d day.—Patient feels greatly relieved. All the symptoms are improved. Voice is quite natural. Can swallow very well. Same baths repeated; and he drank freely of cold water.

3d day.—His cold is quite removed; but he will continue bathing at his own house.

———

Extract of a letter from Dr. Borders, of Auburn, Ga., to Dr. Shew.

"Sir,—I avail myself of the present opportunity to write you a few lines, to let you know that hydropathy has some friends in this section of the country. I have been practising medicine eight years, according to the rules and doctrines laid down in the allopathic system of medicine, with great success, considering the doubt and uncertainty that appertains to most of the remedial agents that are used by its adherents.

The secret of my success lies in the fact, that I never fully carried out the established practice with regard to blood-letting,—using cold applications in its stead. And, since the hydropathic system has been promulgated, I have been treating diseases according to its principles, mixed, in some degree, with the old system.

I have treated typhus fever, pneumonia, pleurisy, bilious fever, rheumatism, acute and chronic, with eminent success, upon the cold water system; and I am very much pleased with it as a substitute for all other systems of medicine.

I think that more honor and gratitude is due to the celebrated Priessnitz, from mankind at large, for his great discoveries, as set forth in the hydropathic system of practice, than to any man since or before the days of the so-called great father of medicine."

———

RULES FOR PRESERVING THE EYESIGHT.

The preservation of the sight is an object of so much importance to every individual, whatever may be his profession or rank in society, that we have thought a few hints in relation to this subject might be productive of beneficial effects.

It is well known to the physician that nothing more certainly impairs the sense of vision than debauchery and excess of every kind. The individual, therefore, who would preserve his sight unimpaired, must avoid carefully every species of intemperance. This is an all-important rule, a neglect of which will render every other of but little avail.

A long continuance in absolute darkness, or frequent protracted exposure to a blaze of light, equally injures the sense of vision.

Persons who live almost constantly in dark caverns or chambers, workers in mines, and prisoners who have been long confined in gloomy dungeons, become incapable of seeing objects distinctly in a deep shade, or in the dusk of the evening. While on the other hand, in various parts of the world, in which the light is constantly reflected from a soil of dazzling whiteness, or from mountains and plains

covered with almost perpetual snow, the sight of the inhabitants is perfect only in broad day-light, or at noon.

Those, also, who are much exposed to *bright fires*, as blacksmiths, glassmen, forgers, and others engaged in similar employments, are considered, by the best authorities, as most subject to loss of sight from cataract.

All brilliantly illuminated apartments have a similar prejudicial effect upon the eyes, though, undoubtedly, not to the same extent. As a general rule, therefore, the eye should never be permitted to dwell on brilliant or glaring objects for any length of time. Hence in our apartments only a moderate degree of light should be admitted; and it would be of considerable advantage, particularly to those whose eyes are already weak, if in place of a pure white or deep red color for the walls, curtains, and other furniture, of our rooms, some shade of green were to be adopted.

Reading or writing in the dusk of the evening, or by candle-light, is highly prejudicial. The frivolous attention to a quarter of an hour at the decline of day, has deprived numbers of the perfect and comfortable use of their eyes for many years: the mischief is effected imperceptibly, the consequences are often irreparable.

There is nothing which preserves the sight longer, than always using, in reading, writing, sewing, and every other occupation in which the eyes are constantly exercised, that moderate degree of light which is best suited to them; too little strains them, too great a quantity dazzles and confounds them. The eyes are less affected, however, by a deficiency of light than by the excess of it. The former seldom does much if any harm, unless the eyes are strained by efforts to view objects to which the degree of light is inadequate—but too great a quantity has, by its own power, destroyed the sight.

The long-sighted should accustom themselves to read with rather less light, and with the book somewhat nearer to the eye than they ordinarily desire; while those that are short-sighted should, on the contrary, use themselves to read with the book as far off as possible. By these means both may improve and strengthen their vision, whereas a contrary course will increase its natural imperfections.

Bathing the eyes daily in cold or tepid water tends to preserve the integrity of their functions; provided, however, the individual does not immediately after such bathing enter a warm room or unnecessarily exert his sight.

[From the Boston Journal of Health.]

PHYSICAL EDUCATION.

President Everett, in his Inaugural Address, spoke of physical education as an essential, and among the most important departments of the academic course in a University. The dependence of the mind, of the moral and intellectual nature, upon the physical for its best growth, and fullest development, was stated in a manner which could not but have engaged the deepest thought and interest. The cultivation of the senses was a part of that education, and as avenues of most important knowledge, who can question the importance of placing, and keeping them, in truest relations with the external world, and how essential is it that they should be so cultivated as among the means of the most perfect, and so pleasurable social intercommunication?

Physical education has in view the health of the body. It seeks to promote this because the body is the instrument, the organ of the mind, and in its health it is proposed to furnish the very best dwelling place for a healthy mind. There have been men of exceedingly feeble physical health who have made vast intellectual progress. The mind has preserved its vigor in the very decay of the body. It would seem to have gathered tone amidst the surrounding weakness, and has done most when there has seemed too little power to have done anything. Those instances are rare. There was in many of them physical debility in early life, and nothing has been done to replace it by health. The habit of invalidism has been silently but surely established, and the mind has early declared its independence of the body. In other examples the physical has failed in later life by a willing

sacrifice of its powers to the supremacy of the intellect. These have been short-lived. A vast deal of mental work, and of the noblest kind, too, has been done, and the worn-out, jaded body, has been kept alive by such appliances as would furnish temporary tone, and so permit the labor to be completed. Such men have at length sunk suddenly into the grave, voluntary martyrs to a melancholy indifference to whatever results their intellectual habits might lead. Feeble health of body in the mass, and in the professions especially, permits but feeble intellectual exercise. Toil becomes, at first, wearisome, and at length impossible. It may be that no special malady exists, but a feeble life is the condition of the sufferer, and without being able to say where he is worst off, he runs through much of the catalogue of disease in his daily life. This condition is often the result of mismanagement, of neglect in early, the earliest life. The seed is sown deeply then in the constitution of the boy, and the girl, and it finds means of the surest growth in the experience of every succeeding day. In the greatest imperfectness of the whole organic system, and in the midst of premature intellectual power, or of that degree of it which the predominance of the brain and nerves over other organs directly involves—in the days of childhood and of physical growth, in no sense of its perfectness—you take the boy and the girl from the air, and from free motion, and in the exercise of mere naked power you shut them up within four narrow walls for hours, and force them to find occupation and health in studies for which they have no preparation, and which more frequently starve the soul than feed it. It is at this moment of man's life, when he is in the way in the house—when in the full, and over-welling of the freest, vigorous, whole nature, it would give prophecy of its coming power—when the bone is in the gristle only, and the muscular fibre has not all its life—when appetite is vigorous in order to supply the means of *growth* rather than of *waste*, and food is demanded and eaten in almost measureless quantity—in this moment of coming into conscious being and power of the boy and girl, the ingenuity of the grown man is tasked to devise means to make use, yes, the best use if you please, of all this mysterious power, and by bringing it within perfect control of theory or whim, to make of it strong, vigorous, healthy men and women. How this is attempted, the machinery employed has been alluded to.

Are we surprised at the results of the various experiments of society upon the young life which is for the wisest purposes placed in its hands? The wretchedly feeble in physical health in numerous examples always come up before us. How wretched a thing is existence often made by most injurious early culture! How wide is the wrong which is done to the body, the home of the mind, by most injudicious efforts to give predominance to its tenant. The beautiful harmonies of nature, which always result in the most perfect products, and which are in themselves such—these harmonies are disturbed, yes, destroyed, just where they would make or constitute the truest perfection. But you lose sight, it is said, of a vast amount of invalidism, of physical ill health, which comes from no fault of the sufferer. Hereditary disease, or tendency to disease, is named as illustrating the remark. But whence this? How, or where did that disease begin which may thus repeat itself in our progress, and so come to be of perpetual existence? Not only may the body receive predispositions to disease which neglected physical education or accident may bring into activity, but the moral and intellectual nature may be so impressed by the same agency, the infirm body which it inhabits, as to fail of the great purpose of its being, and present weakness or absolute want of power under circumstances alike awful and melancholy.

[From Jerrold's Magazine.]

THE HUMAN SKIN.

Very few of us, indeed, are at all aware of the nature of the covering of our own bodies. We see a "soft smooth pliant membrane, which invests the whole of the body, following all its prominences," but we know not till the researches of science, which have reached only a few, inform us that the whole of the interior of the body,

all its cavities and bumps, are invested with a similar, or rather the same covering. The skin passes as at the lips or eyelids, into mucous membrane, and one becomes the other as it is wholly excluded from or exposed to the free action of the atmosphere. By its surface in the interior and on the exterior are all the functions of nutrition and decay, of health and disease, of appetite and sensation, carried on. Its changing action, according to circumstances, in every climate and temperature, keeps the body at one nearly uniform heat. It is subject to many diseases. Life has been sustained by food imbibed at its exterior pores; the disease which kills and the medicine which cures may both enter the same openings. It conducts electricity, that mysterious, invisible, and intangible agency, by which we are surrounded, and on the diffusion of which health is dependent, into or out of every part of the frame. It is at once the great enveloping and secretory organ of the whole body, and the immediate means, except as to color, by which we communicate with the external world. It can become accordingly the substitute for our least glorious, but not the least useful organs, such as the kidneys, and is the means of conveying to us nearly all that we have ever learned of the glorious universe.

Its structure is not less wonderful than its uses. It is composed of two layers; one horny and insensible, the other highly sensitive; the latter being the actual and universal organ of feeling, and the other varying in thickness as it covers an expose or hidden part, its ever-attendant guard and protection. Each of these layers is of a different, though analogous structure, and performs different offices. Both are continually renewed, yet each preserves forever its own distinct properties. The sensitive skin is so full of nerves and bloodvessels, of which the scarf-skin is digested, that it is scarcely possible to insert a needle in any part of the whole body without causing pain and a flow of blood. Its surface is uneven, to increase its extent and multiply its power. Its papillæ, microscopic in size, by which the enlargement of the surface is provided for, and each composed of a hair-like vessel and a minute nerve, several times bent upon themselves. In every part of it there are perspiratory tubes, with attendant glands, terminating on the surface in a pore. To give one striking example of its extraordinary structure, we may mention that Mr. Wilson has counted 3528 of those pores in a square inch on the palm of the hand; and each tube, of which the pore is an opening, being a quarter of an inch long, it follows, that in a square inch of skin on the palm of the hand there exists a length of tube equal to 882 inches, 73 feet. In other parts of the body the pores are not so numerous. "Taking 2800 as a fair average for each square inch surface in a man of ordinary height, the number of pores will be 7,000,000, and the length of perspiratory tube 1,750,000, or nearly 28 miles." Well may Mr. Wilson say, that of this wonderful covering, which ignorance and brutality even yet fetter, scourge, and brand, we are wofully ignorant, and science cannot be better employed than in ascertaining its properties, and in teaching us how it may best be preserved. The former has been for several years the great object of Mr. Wilson's assiduous researches; the latter is the immediate object of his present work, entitled "A Healthy Skin,"—a work which cannot be too highly prized. He has here methodized his own discoveries and the discoveries of other physiologists and anatomists, and given us a practical treatise on the means of procuring and preserving a healthy skin. When we remember that to this end we erect and preserve dwellings, and manufacture clothing—a large proportion of the labors of the community, having that for his object, it being in importance second only to supplying us with food (if, in the wonderful economy of nature, any one part can be said to be only secondary)—we conclude that we can scarcely overrate the value of such researches as those of Mr. Wilson, and the practical lessons he has successfully deduced from them.

Who blesses others in his daily deeds,
Will find the healing which his spirit needs;
For every flower in others' pathway strown,
Will shed its fragrant beauty on our own.

[From the Poughkeepsie Thomsonian.]

FOOD AND DIGESTION.

The comparative nutriment (says the London Athenæum) contained in the various articles of food, forms so important a subject, that we are induced to give a tabular view of the proportion in every 1000 parts:

Mutton	298
Beef	260
Haddock, (a fish)	180
Milk	72
Nuts	930
Barley	920
Beans (dry)	890
Bread	800
Oats	742
Tamarinds	840
Pork	240
Sole (a fish)	210
Grapes	270
Potatoes	120
Peaches	200
Apples	170
Beet root	148
Carrots	98
Turnips	42
Cucumbers	25
Chicken	270
Veal	350
White of egg	130
Wheat	950
Peas (dry)	930
Morlss	866
Rice	880
Rye	792
Almonds	656
Plums	290
Codfish	210
Brain	200
Apricots	260
Cherries	250
Gooseberries	190
Peas	160
Strawberries	120
Cabbage	73
Melons	30
Blood!	215

Another element of health, and consequently of strength, is the facility of digestion. From Beaumont's tables, it appears that the following articles were converted into chyle, (digested,) in the times indicated:

	hours.	min.
Rice, boiled soft	1	00
Apples, sweet and ripe	1	30
Sago, boiled	1	45
Tapioca, barley, stale bread, cabbage, (with vinegar, raw,) boiled milk, and bread and milk, (cold).	2	00
Potatoes, (roasted,) and parsnips, (boiled)	2	00
Baked custard	2	45
Apple dumpling	3	00
Bread, corn (baked,) and carrots, (boiled)	3	15
Potatoes and turnips (boiled,) butter and cheese	3	30
Tripe and pigs' feet	1	00
Venison	1	35
Oysters (undressed,) and eggs, (raw)	2	3
Turkey and goose	2	30
Eggs, (soft boiled,) beef or mutton, (roasted or boiled)	3	00
Boiled pork, stewed oysters, eggs, (hard boiled or fried)	3	30
Domestic fowls	4	00
Wild fowls, pork (salted and boiled,) suet	4	30
Veal (roasted,) pork and salted beef.	5	30

We would remark, that in an unhealthy or foul stomach, these articles would probably be much longer undergoing digestion. And it should also be borne in mind, that the most nutricious articles of diet will not assimilate the soonest and afford most strength. For instance, potatoes [120 parts only of nutriment in 1000] will give more strength to the body than oil [all nutriment.] It will be seen by the above, that the various kinds of bread are more nutritious than flesh meat, but on account of the stimulating properties of flesh, it may produce more excitement in the system, and consequently impart greater physical powers. On some stomachs, vegetables will ferment—for such, a mixed diet of flesh and vegetables (not crude) would perhaps answer best.

NEVER TOO LATE.—Mrs. Rose Riley, of Cold Spring, aged 90, has recently cut four new front teeth, being the third set, and her eye-sight has been so renewed that she reads without glasses.—*Dew-Drop.*

(From the Cold Water Fountain.)

THE DYING GIRL TO HER SISTER.

The dream is past!—I'm dying now,
There is a dampness on my brow;
The pang is o'er without a sigh,
I'll pass away, and sweetly die.
But oh, that pang cost many a tear!
'Twas hard to yield up friends so dear;
But that is passed—I'll weep no more,
With me the dream of life is o'er.
And now, sweet sister, nearer come,
And tell me of that happy home;
Shall I, its pearly gates behold,
In streets all paved with burnished gold?
And in that clime so strangely fair,
Say, shall I feel a stranger there?
Or will their harp-strings sweetly blend,
To welcome me, a child and friend!
But softly, sister, softly speak,
And say—these tears upon thy cheek!
Weep not for me—oh, do not pain!
I would not wake to earth again.
Thy hand—so often clasped of old—
Thy soft warm hand for mine grows cold,
And now, dear sister, let me rest
My wearied head upon thy breast,
And fold thy arms about my form,
It shivers 'neath death's dark cold storm.
But sing me, sister, e'er I go,
Our song—our childhood's song you know—
And let its gentle numbers flow,
As last you sung, soft, sweet, and low—
And when its last faint echoes die,
And the bright tears steal from thine eye—
I shall not heed them as they stray,
I shall be gone—far, far away.

(From the American Journal of Insanity.)

INTERESTING CASE OF INSANITY.

A gentleman, engaged in the higher departments of trade—a good man, an enlightened man, and an affectionate parent—had two sons, who, at the time I begin this history, were respectively at the ages of five and ten. The attachment between them was so remarkable as to be the common topic of conversation among all their friends and acquaintances. The children were incessantly together; and to see them walk round the garden, with the arm of the elder round the neck of the younger, while the other, who could not reach to his neck, endeavored to clasp his waist—with their long auburn hair, in the fashion of the day, hanging down in ringlets, and, as the elder stooped to kiss his little brother, covering his face,—those who had seen them thus occupied, their lovely features beaming with affection, would have said that nothing on earth could give a more vivid idea of angels.

The children when separated for a few hours were miserable; and when the time arrived for sending the elder to school, it was a subject of serious reflection with the parents and friends, whether so intense an affection should be checked or encouraged: the former was decided on, and the elder was sent to a distance.

Both children were so exceedingly unhappy, that sleepless nights, loss of appetite, incessant weeping, and rapid wasting of body, made every one fearful of the consequences of prolonging the absence, and they were brought together again. Those who witnessed the tumultuous joy of their meeting, describe it as inexpressibly affecting. They soon recovered their health and spirits, and their mutual affection seemed, if possible, to be increased by their temporary separation.

The experiment, after a while, was again made, with similar results; and it was decided to never risk another.

An arrangement was now entered into with a school-master to receive both boys, although contrary to the regulations of his establishment, which professed to admit none under ten years of age.

The two boys kept themselves almost entirely aloof from all the rest; the elder helped the younger in his education, watched him with a kind of parental solicitude, kept a vigilant eye upon the character of the boys who sought his society, and admitted none to intimacy with his brother of whom he did not entirely approve. The slightest hint of his wish sufficed with the younger, who would almost as soon have contemplated deliberately breaking the commandments, as opposing his wishes in the slightest degree. Both made rapid progress in their education, and their parents' hearts were filled with thankfulness for the blessing.

In the midst of this happiness, news arrived from the school-master, that, from some unexplained cause, the elder boy had begun to exercise a very unreasonable and tyrannical authority over the younger; that he had been repeatedly punished for it; but, although he always promised amendment, and could assign no cause—reasonable or unreasonable—for his conduct, he soon relapsed into his usual habits,

and the school-master requested to know what was to be done. The father immediately sent for both boys, and entered upon a lengthened investigation. The little one was almost heart-broken, and exclaimed, "He might beat me every day, if he would but love me; but he hates me, and I shall never be happy again."

The elder could assign no reason for his animosity and ill-treatment, and the father, after many remonstrances, thought it right to inflict on him very severe corporal chastisement, and confined him to his room for some days, with nothing but bread and water. The lad, on his liberation, gave solemn promises of altered conduct, but showed little affection for his brother, although the latter used a thousand innocent stratagems to inspire him with tenderness. They returned to school. In a few days, similar scenes, and worse, occurred; the boy was again and again punished by the master, again and again promised amendment, but in vain, and he was at last taken away from the school by his father.

A repetition of severe punishment, long incarceration, and a rejection by all his relatives, had no effect in changing his disposition; his dislike to his brother became fixed animosity, and, from animosity, degenerated into the most deadly hatred; he made an attempt on the child's life; and, if he saw him pass an open door, would throw a carving knife at him with all the fury of a maniac.

The family now resorted to medical advice, and years passed in hopeless endeavors to remove a disposition obviously depending on a diseased brain. Had they taken this step earlier, these floggings and imprisonments would have been spared, as well as the heart-sickening remorse of the father.

Still the boy was not insane; on every topic but one he was reasonable, but torpid; it was only by the sight of his brother or the sound of his name, that he was roused to madness. The youth now advanced towards manhood. When about the age of fifteen, he was taken with a violent but Platonic passion for a lady more than forty years of age, and the mother of five children, the eldest older than himself. His paroxysm of fury now became frightful; he made several attempts to destroy himself; but, in the very torrent and whirlwind of his rage, if this lady would allow him to sit down at her feet and lay his head on her knee, he would burst into tears and go off into a sound sleep, wake up perfectly calm and composed, and looking up into her face with lack-lustre eye, would say, "Pity me; I can't help it."

Soon after this period, he began to squint, and was rapidly passing into hopeless idiocy, when it was proposed by Mr. Cline, to apply the trephine, and take away a piece of bone from the skull, in a place where there appeared to be a slight depression. "The indication is very vague," said he, "and we should not be justified in performing the operation but in a case in which we cannot do any harm; he must otherwise soon fall a sacrifice."

It was done, from the under surface grew a long spicula of bone, piercing the brain! He recovered, resumed his attachment to his brother, and became indifferent to the lady.

The disease which led to these terrible results had its origin in a blow on the head with the end of a round ruler—one of the gentle reprimands then so common with school-masters.

HÆMORRHAGE FROM LEECH-BITES.

The following article on the treatment of hæmorrhage from leech-bites, by E. Gervis, Esq., is from the London Lancet.

Various methods have been proposed for checking hæmorrhage arising from leech-bites. I will mention the applications I have found most useful in my practice, whenever excessive hæmorrhage has occurred from such a cause, which have proved effectual in arresting it. In a case which lately fell under my care, where I had occasion to apply leeches to the throat, for an attack of cynanche tonsillaris in a young lady, one leech fastened over the external jugular vein, which bled so profusely, that I was sent for in great haste. The blood was streaming from the puncture, which I endeavored to

stop by dossils of lint successively applied, and adhesive plaster, at the same time keeping up a firm pressure on the part with my finger. This plan was unsuccessful, and without delay, I dipped the lint in a strong solution of alum, and placed it on the puncture. In a few minutes the hæmorrhage ceased. Not long since, a patient came to my surgery, very faint and exhausted, from loss of blood. A tooth had been extracted on the previous day, and he had bled during the whole of the night. On examining the socket of the tooth, I found that a small artery had been divided, and the hæmorrhage still continued without intermission. I applied lint, dipped in spirits of turpentine, to the part, which, in general, is an excellent stypic; but it proved quite ineffectual in checking the bleeding. I then had recourse to the alum lotion, and within five minutes it was completely arrested. The other remedy I recommend for checking hæmorrhage from leech-bites is the tobacco used for smoking. This is so efficacious, that it only requires a trial to be generally adopted, when the usual means fail. I have known various applications fail until the tobacco has been tried, and this with complete success.—*Journal of Health.*

[From the Botanico-Medical Recorder.]

BLOOD-LETTING AND NARCOTICS IN INSANITY.

Mr. Editor—When I daily see so much inconsistency as is seen among the sons of Esculapius, and even in the writings of the Professors of the old school, or allopathic system of medicine, (although it is not as bad by one hundred per cent. as it formerly was, yet we find, if we may be allowed to believe what is said respecting it, by the most eminent of the profession,) that it is still bad enough. But what I was going to allude to more particularly, is in the Western Lancet, Vol. 4, No. 12, page 482, and taken from the writings of Drs. Steward (Practical Notes on Insanity) and Williams, (Essay on Narcotics, &c, in Insanity.)

Bleeding.—There is no disease, perhaps, in which the lancet of the practitioner has done more irreparable mischief than in the treatment of mania. Earl (Report on the Bloomsdale Lunatic Asylum, Phila. Med. Ex., May, 1845,) observes, that blood-letting has probably confirmed more cases of insanity than it has cured. Dr. Conolly speaks in terms of equal force, affirming that the worst cases which have come under his notice, have been those which have been largely bled before admission; and, in six years' experience at Hanwell, he has never seen a single case which called for general depletion.

Dr. Williams (Op. Cit., p. 30,) and Dr. Steward both appear to think *bleeding necessary in some instances*, (of course they would say so,) but agree with the former writers that it is pernicious as a general remedy. Dr. Williams states that it should never be resorted to without *paramount* necessity, and then not largely. The cases in which both he and Dr. Steward think it advisable, are in the case of suppressed customary evacuations, as epistaxis and in the critical age of females. Hunter says blood-letting is one of the greatest weakeners, as we can kill thereby, and we all know that it often produces dangerous consequences.

The principal reason why I have been thus explicit in giving authors on this subject, that are so pointed in their remarks in regard to bleeding in mania, is on account of the prevailing opinion, through this country, that in all cases of mental derangement, bleeding is the only remedy to be relied upon. The idea prevails to as great an extent generally among the physicians as among the people. However, the people are more to be pitied than blamed, as they have been in the habit of adhering to these gods of (ill) *health* in—I had like to have said—everything.

Even a man, not a thousand miles off, styling himself a Thomsonian, had a case of mania not a thousand years ago, whom he (the Thomsonian) bled, time and again, and took large quantities of blood. This I am told by a member of the family, is a fact, and have no reason to doubt it from what I have seen in other respects. It is also stated by the family, that the probability is, if they had not interfered and discharged the man, that the patient would have died; but the patient recover-

ed without any medical treatment, is now able to follow his business, and is a worthy member of society; the name of the doctor can be had if required. (Such a course will soon use up any reformer, as well as his patient.—Ed.)

I am often (when called upon in cases of mental derangement) asked if bleeding would not be good, if it would not relieve the pressure to the head sooner than anything else that could be prescribed, &c. The only way to get rid of those that will not be reasoned with on the subject, or the way I generally do, is to ask them whether they wish me to prescribe or not; and if they do not, they can dispense with my presence. It generally has the desired effect.

Narcotics.—The exhibition of this class of medicines in mania, forms the subject-matter of a large portion of Dr. Williams' work; we shall, therefore, briefly recapitulate the results of his experience. Opium is contraindicated in all cases in which the restlessness is accompanied with great heat of skin, and where the nervous excitement is evidently caused by increased arterial action. It is also, he observes, contraindicated in mania associated with paralysis, or evident cerebral disease.

Narcotics cannot enter into the list of curative agents, mentioned by Dr. Williams. In regard to narcotics, there might be enough quoted against the use of them (from the Old School authors) to fill a large book. I will now give a few quotations from two or three authors, and I am done.

Opium.—This universal panacea for the nervous system, produces drowsiness, and stupor, low muttering delirium, stentorious breathing, cold sweats, and convulsions. The countenance is pale and contracted, the pulse frequent and irregular, till it assumes the slow, heavy beat of apoplexy. It acts through the medium of the nervous system, by rapidly diminishing the sensorial energy; or by absorption, through the circulation—in the first instance destroying by suffocation from paralysis of the respiratory muscles, and in the second by inducing apoplexy when determined to the brain, or paralysis and syncope when extended to the heart.—(Croly's Toxicology.) Prof. J. A. Gallup, in his Inst. of Med., vol. ii., p. 187, says: "The practice of using opiates as anodynes, to mitigate pain in any form, should be esteemed unpardonable, for it has *killed* seven where it has *saved* one."

Respectfully, yours,

E. Potter, Jr.

Springfield, April 24, '46.

[From the Journal of Health.]

The great Creator has instituted certain laws for the government of the works of his hands. Thus the solar and planetary systems are governed by the law of gravitation; the growth of plants, by the law of vegetation; and of animals, by what may be called the law of animation. God has a system both of natural and moral laws for the government of the compound creature, man. If he violates a moral law of his Maker, he is guilty, and justly exposed to punishment. If he violates a natural law of his being, injury and suffering will be the consequence. It is a natural law of God that fire shall burn; and if I transgress and plunge my hand into the fire, I experience the natural consequence of that transgression, namely, pain and suffering. The same is the case with every other natural law of our being.

There are certain laws of *health*, which must be observed, if we would have all our powers and organs, both of mind and body, in the most perfect and successful operation. The infant, ordinarily, comes into being with all the powers of embryo, or in miniature, for a vigorous mind in a strong body. But in order that he may possess both these on his arrival at manhood, and they all have their proper and natural development, he must be placed under the due observance of all the laws which conduce to give *sana mens in sano corpore*, to make a vigorous mind in a healthy body. Every bone, muscle, nerve, sinew—even the smallest vessel of the human body—has its appropriate use, just as much as the eye is adapted to seeing and the ear to hearing; and the more this exquisite workmanship, the human body, has been examined, the more traces of the wisdom and power of the great

Architect have been discovered; so that the expression of Israel's King seems perfectly appropriate, "I am fearfully and wonderfully made."

Man was made to be happy—to enjoy himself and glorify his Maker. But the great object of his existence is but poorly answered by the scanty, imperfect development often given to his powers. Without due training, his energies will be crippled, and the end of his being, at the best, but partially answered. The irritation of the noble frame-work of man, frequently existing, is but poorly calculated to answer the grand design had in view by his Creator. This irritation arises from the violation of those laws of health under which he is placed. Hence a knowledge of those laws which govern the whole machinery is essential to its preservation, control and proper use.

The principle, "*Knothi se Auton*," is as important to the physical, as to the moral man. The physical and moral are inseparably united by an all-wise Creator in our very being. They perfectly harmonize, and are so interwoven that they cannot be separated in any system of training without injury; and the more they are disjoined, the greater will be the injury sustained. They lie at the foundation on which the whole snperstructure is to be reared. That system of education, or medical instruction, which does not give a thorough knowledge, and make a just application of these laws, is essentially defective, and can never answer the grand end of a proper training. Mere book-learning is comparatively nothing; but those influences which operate in forming the character and directing its energies, are the sum and substance of education. It was a wise answer of Agisilus, to the question what things is it of the most importance for boys to learn —"those which they are to practise when they come to be men." The proper system of education must commence, in a broad sense, in the nursery—be carried through the family, the common school, the academy and the college, and into the active and busy scenes of life, and the laws of health incorporated into that system *as a branch of education*.

But before this can be accomplished, the science of human life and healthful existence must be divested of technical terms and brought down to the capacity of every instructor of youth, in training men for present and future existence.

[From the London Lancet.]

IRRIGATION WITH COLD WATER IN STRANGULATED HERNIA.

In the *Journal de Chirurgie*, for June, we find an interesting account, by M. Moreau Boutard, of three cases in which irrigation with cold water enabled that surgeon to reduce the hernial tumors, after the taxis alone had totally failed. The first case is that of a woman, four-and-twenty years of age, laboring under crural hernia, the result of an effort. The hernia had existed for ten hours, and all the symptoms of strangulation were present. The taxis not succeeding, a small stream of cold water was made to fall from a height of three feet on the tumor. The contact of the cold water produced a general chill; the muscles of the abdomen contracted; the nausea ceased; the respiration was momentarily suspended; and, in less than five minutes from the time the irrigation was commenced, the hernia escaped from the hands of the operator, and returned into the abdomen.

The second case was a man of thirty-five, of robust constitution, who had labored under inguinal hernia for some years. During defecation, the hernia, which was not restrained by a bandage, escaped, and became strangulated. Dr. Boutard was called in eleven hours afterwards. The intestine had descended into the scrotum, and formed a considerable tumor. The taxis was repeatedly tried, the patient was twice bled from the arm, and was placed in a warm bath, but all without success. He was then taken from the bath, and placed naked on an inclined plane, without being rubbed dry. Whilst shivering from the effect of the cold produced by the evaporation of the water with which he was covered, a stream of cold water was directed on the hernia as before, the taxis being at the same time resorted to. In the course of five minutes

the tumor became softer, its pedicle moved, and it escaped into the abdomen.

The third patient was a young man of twenty-five, likewise laboring under strangulated femoral hernia, the result of an effort. The hernia had existed for eight hours only, but the symptoms of strangulation were beginning to manifest themselves. The taxis alone had been tried, and had failed. Irrigation with cold water, as before, was resorted to by M. Boutard, along with the taxis, and after fifteen minutes the intestine returned suddenly into the cavity of the abdomen.

M. Boutard thinks that the cold, acting on the muscular fibres, dilates the normal or abnormal openings, whether aponeurotic or muscular. It diminishes, also, the hernial tumor itself, by acting on the capillaries, by giving rise to peristaltic motion of the intestine canal, and by condensing the gases which it contains. On the other hand, it increases the contractile power of the cremaster and dartos muscles. M. Boutard quotes the case, narrated by J. L. Petit, of a robust young man, twenty-one years of age, who had been bled eight times in two days, and with whom all the other means of reduction had been employed without success. A pail of cold water having been thrown over him, the hernia suddenly returned, no doubt, says Petit, under the influence of the sudden contraction of the dartos, which by its uniform contraction is much more calculated to produce this effect than the fingers.

[From the Journal of Homœopathy.]

LAWS OF HEALTH.

Let an individual, naturally possessing a good constitution, free from taint or any innate dynamic cause of disturbance to the equal distribution and healthy action of the vital force, take nothing into his stomach but that which is naturally adapted to its functions—of easy digestion, and suitable for every purpose of nutrition. Let him breathe pure air, which shall produce the requisite changes in the blood, and exercise his physicial powers in such a manner as to secure their full developement, and his mental powers in a manner adapted to give perfection of form and consistence to the brain, upon which the vital action and appropriate functions of every part or organ of his system depends. Let him, further, observe such hours of sleep as may be demanded by a healthy exercise of his bodily and mental powers; securing by water ablutions the cleanliness and true function of the skin, and, finally, avoiding exposure to noxious influences and unnecessary fatigue. Such an individual will have secured a basis of health, if he will not have rendered himself invulnerable to the attacks of disease; or, if he should be affected by those of a specific nature, they would be of a light superficial character, from which he need apprehend no serious or fatal effects, and which would be directly and easily cured by a remedy selected upon the principle, *similia similibus curantur*. And, at last, escaping accidents, he would die from a natural waste of the powers of life, free from pain and suffering.

Assuming these premises to be true—and they are so considered by many or all physiologists—the first condition to the enjoyment of perfect health, to wit, the inheritance or possession of a sound and vigorous constitution, free from any sort of taint, will bring us at once to the consideration of the origin and propagation of disease.

[From the Massachusetts Cataract.]

COLD WATER.

If you are dry, drink pure cold water. It is safe, salutary, and invigorating.

If you would use a beverage provided by God, and free from the poison and impurity found in intoxicating drinks, use pure cold water.

If you would have a good relish for food, and have it well digested, drink pure cold water.

If you would enjoy a calm state of mind and be saved from impatience, fretfulness and evil passions, drink nothing but pure cold water, and this will contribute largely to such a result.

If you would save your property, spend nothing for inebriating liquors and drink cold water.

If you would live long, drink cold water. Those who use this as a beverage,

usually live longer than those who drink intoxicating liquors.

If you thirst for distilled drinks, and the curse of intemperance is upon you, drink cold water and nothing else. It is a sure remedy for drunkeness.

If you would have good animal spirits and enjoy good health, bathe as often as convenient in water of a suitable temperature. The benefits are incalculably great.

If public speakers are affected with bronchital difficulties, let them wash the throat and stomach externally with cold water in the morning, rubbing these parts hard. This, if done in season, will effect a cure.

If you are to be out in wet or very cold weather, wash the hands, face and neck, the parts that will be most exposed, which will prevent your taking cold.

[From the Cold Water Fountain.]

WHAT AN OLD MAN DID.

An old man of more than fourscore years, afflicted with a bodily infirmity, for which he had been advised by a physician to use ardent spirits as a medicine, was presented with a constitution of the Temperance Society on the plan of abstinence. He read it and said, "That is the thing to save our country; I will join it." "No," said one, "you must not join it, because ardent spirits is necessary for you as a medicine." "I know," said he, "that I have used it, but if something is not done, our country will be ruined; and I will not be accessary to the ruin of my country. I will join the Society. I will join the Society." "Then," said another, "you will die." "Well," said the old man, in the true spirit of '76, "for my country I can die;" and signed the constitution; gave up his medicine, and his disease fled away. It was the remedy that kept up the disease; and when he had renounced the one, he was relieved of the other. So it probably would be in nine cases out of ten where this poison is used as a medicine. It tends to perpetuate and aggravate disease, till it ends in death; and often does it render that which would otherwise be slight and temporary, permanent and fatal.

Society of Women.—No society is more profitable, because none more refining and provocative of virtue, than that of a refined and sensible woman. God enshrined peculiar goodness in the form, that her beauty might win, her gentle voice invite, and the desire of her favor persuade men's sterner souls to leave the paths of sinful strife for the ways of pleasantness and peace. But when woman falls from her blest eminence, and rational enjoyments, into the vain coquette, and flatered idolator of idle fashion, she is unworthy of an honorable man's love, or a sensible man's admiration. Beauty is then at best

—— "A pretty plaything.
Dear deceit."

We honor the cheerful deference which is paid in our land to the women. It proves that our men know how to respect virtue and affection, and that our women are worthy such respect. Yet women should be something more than mere women to win us to their society. To be the companions they should be fitted to be our friends; to rule our hearts, they should be deserving the approbation of our minds. There are many such, and that they are not more is rather the fault of our sex than their own, and despite all the unmanly scandles that have been thrown upon them in prose or verse, they would rather share in the rational conversation of men of sense, than listen to the silly compliments of fools; and a man dishonors them as well as disgraces himself when he seeks their circle for idle pass-time, and not for the improvement of his mind.—*The Minerva.*

An Alarming Threat.—A clergyman being prohibited from preaching, being a non-conformist, said to his judge:

"The treatment which I have received from you will probably cost the lives of more than a thousand persons."

He was instantly arrested on account of this alarming threat, and an explanation demanded.

"Nothing is more plain," said he; "in depriving me of a parish, you leave me no other resource than to become a physician."

THE TONGUE.—There are but ten precepts of the law of God, says Leighton, and two of them, so far as concerns the outward organ and vent of the sins there forbidden, are bestowed on the tongue—one in the first table, and the other in the second—as though it were ready to fly out both against God and man if not thus bridled.

Pythagoras used to say that a wound from the tongue is worse than a wound from the sword; for the latter affects only the body, the former the spirit—the soul.

It was a remark of Anarcharsis, that the tongue was at the same time the best part of man, and his worst; that with good government none is more useful, and without it, none more mischievous.

Bœrhave, says Dr. Johnson, was never soured by calumny and detraction; nor never thought it necessary to confute them. "For," said he, "they are sparks which, if you do not blow them, will go out of themselves."

We cannot, says Cato, control the evil tongues of others, but a good life enables us to despise them.

Slander, says Lacon, cannot make the subjects of it either better or worse. It may represent us in a false light, or place a likeness of us in a bad one; but we are the same. Not so the slanderer—the slander that he utters makes him worse, the slandered never.

No one, says Jerome, loves to tell a tale of scandal except to him who loves to hear it. Learn then to rebuke and check the detracting tongue, by showing that you do not listen to it with pleasure. —*The World We Live In.*

(From the Mother's Assistant.)

A SISTER'S INFLUENCE.—The softening, refining, and elevating influence of a sister's love, upon even wild, high-spirited, or obstinate natures, is often strong, and distinctly visible. Of a young man, who evinced high moral principle, with a tenderness of heart unusually developed, it was once said by an admiring and accurate observer, 'I will venture to predict that he had a good, well-trained sister, and that she was older than himself.'—*Mrs. Sigourney's Letters to Young Ladies.*

TO THE GIRLS.—Habits of neatness, cleanliness and order, are indispensable to a female, if she have any regard to the comfort of others or her own. The sex are designed not only to extend the comforts of domestic life, but to be its principal ornaments; an attention to dress therefore is necessary. How many females run into the error of thinking that to dress finely is to dress well, when the two things are as different as possible, for the one excites attention and the other avoids it. A lady who knew this distinction, ordered a cap from the miliner. 'How will you have it made madam?' 'Make it,' replied the lady, 'so that it will not excite a thought.' This, to me, was the best definition of what dress should be that I ever heard. Be, then, neat and cleanly in your dress, and borrow a lesson of instruction from this lady.—*World we Live in.*

AFRAID TO LEARN.—It is related that Galileo, who invented the telescope, with which he observed the satellites of Jupiter, invited a man who was opposed to him, to look through it, that he might observe Jupiter's moons. The man positively refused, saying, "If I should see them, how could I maintain my opinions I have advanced against your philosophy?" This is the case with many. They will not hear truth, for fear that the arguments which they have framed will be destroyed, and they may be obliged to give up their vicious indulgences.—*Selected.*

RESEMBLANCE TO GOD.—Resemblance to God results from our intimacy with him. "Evil communications corrupt good manners." But while "a companion of fools shall be destroyed, he that walketh with wise men shall be wise." We soon assume the manners and imbibe the spirit of those with whom we are familiar, especially if the individual be a distinguished personage, and we pre-eminently revere and love him. Upon this principle, the more we have to do with God, the more we shall grow into his likeness.—*New-York Recorder.*

(From the Mother's Assistant.)

THE SLIPPERY WAYS OF VICE.

He who once sins, like him who slides on ice,
Goes swiftly down the slippery ways of vice;
Though conscience check him, yet, these rubs gone o'er,
He slides on smoothly, and looks back no more.
What! sinners finish where they first begin,
And with one crime content their lust to sin?
Nature, that rude, and in her first essay,
Stood boggling at the roughness of the way,
Used to the road, unknowing to return,
Goes boldly on and loves the path when worn.
Juvenal.

To make Home Happy.—Nature is industrious in adorning her dominions; and man to whom this bounty is addressed, should feel and obey the lesson. Let him, too, be industrious in adorning his domain—in making his home, the dwelling of his wife and children, not only convenient, but pleasant.—Let him, as far as circumstances will permit, be industrious in surrounding it with pleasant objects—in decorating it, within and without, with things that tend to make it agreeable and attractive. Let industry make home the abode of neatness and order—a place which brings satisfaction to every inmate, and which in absence, draws back the heart by the fond associations of comfort and content. Let this be done, and this sacred spot will become more surely the scene of cheerfulness and peace. Ye parents, who would have your children happy, be industrious to bring them up in the midst of a pleasant, a cheerful, and a happy home. Waste not your time in accumulating wealth for them; but plant in their minds and souls, in the way proposed, seeds of virtue and prosperity.—*The Green Mountain Freeman.*

Beautiful little Allegory.—A humming-bird met a butterfly, and being pleased with the beauty of its person, and the glory of its wings, made an offer of perpetual friendship.

"I cannot think of it," was the reply, "as you once spurned me, and called me a drawling dolt."

"Impossible!" exclaimed the humming-bird. "I always entertained the highest respect for such beautiful creatures as you."

"Perhaps you do now," said the other, "but when you insulted me, I was a caterpillar. So let me give you a piece of advice; never insult the humble, as they may some day become your superiors."—*Green Mountain Freeman.*

Examine your Tea-Kettles.—A family in Mentz, Cayuga county, were recently seized with nausea and spasms, while drinking tea, and on examining the tea-kettle a spider of the largest kind was found boiled up in the water. It proved fatal to the mother, and seriously affected the father and grandson, who were saved through the interposition of medical aid. This will be sufficient to all who have charge of the cooking department, to keep a vigilant eye on the articles in the preparation of beverages and food for the table. —*N. Y. Bap. Reg.*

New Hydropathic Institution. — Dr. E. P. Eastman of this town, is about commencing a new Water-Cure establishment on a large scale, at Lowell—or rather at Dracut, on the opposite side of the river, and only about ten minutes walk from that city. The locality is exceedingly desirable, on the banks of the Merrimack, combining the advantages of proximity to a flourishing city and a rural residence. The house is nearly new—sufficiently spacious to accommodate sixty patients—will be furnished in the best manner—and the hydraulic arrangements are all that can be desired. The doctor has recently returned from Germany, whither he went for the sole purpose of obtaining the best information concerning the hydropathic treatment, and we confidently bespeak for his new institution, the favorable consideration of the invalid community.—*Pioneer and Herald of Freedom.*

This number is sent to many that are not subscribers to the new volume, as a specimen, and we hope it will meet with their approval, and induce them to subscribe for the coming volume.

We expect Dr. Shew will return from Grafenburg *early in Janaary.*